

7 Highly Effective Habits of Bladder Control

As a 21st century woman you're adept at keeping up with a contemporary lifestyle – work, family, fashion, social events and all the modern pleasures of life. No matter how sophisticated and up-to-date you are, however, you may be faced with an old-fashioned problem...urinary incontinence.

Incontinence isn't just a physical problem. It affects you emotionally; it batters your self-esteem, takes control of your life, and sometimes damages relationships. Incontinence can happen to anyone, male or female, though the majority of sufferers are women. Some people even assume it's almost inevitable as a woman ages.

That is not the case. If you worry you may face the consequences of incontinence or you are already experiencing urine leakage, there are steps you can take to strengthen your bladder and help you avoid or alleviate the issue of incontinence. In this series we'll look at seven strategies that will help you gain better bladder control. They include:

- **Be Proactive; Educate Yourself About Bladder Health** – Learn how to prevent urinary tract infections (UTI), discover why it's important to not smoke, and other smart steps to keep your bladder healthy
- **Fitness to Fight Incontinence** – Discover exercise routines that help build strong bladder control
- **Nutritional Secrets for Healthy Bladders** – a look at food and beverages that can either be beneficial or irritating to your bladder
- **Spiritual Strategies for Overall Wellbeing** – find out how stress, anxiety, and other emotions affect incontinence and learn how meditation and other practices can help bring inner peace to your mind and your bladder
- **Daily Motivation and Emotional Support** – ways to cope with incontinence in your daily life
- **Sensuality and Incontinence** – dealing with incontinence and intimacy
- **When to talk to the Doctor** – Is there a medical reason you're incontinent? If so, what can be done about it?

This is a series for today's women dealing with incontinence. It's meant to help, to inspire, and to guide you to incontinence solutions and methods of prevention. Together, we'll work to help you overcome the issue of incontinence faced by so many women today.



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