

Five Steps to Relieving Urge Incontinence Without Drugs or Doctors



Five Steps to Relieving Urge Incontinence Without Drugs or Doctors by John Cantrell

★★★★☆ 4 out of 5

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Urge incontinence is a common problem that can affect people of all ages. It can be caused by a variety of factors, including weak pelvic floor muscles, an overactive bladder, or a urinary tract infection. While there are a number of medications and treatments available for urge incontinence, many people find that they can relieve their symptoms without drugs or doctors.

Here are five steps to help you get started:

1. Strengthen Your Pelvic Floor Muscles

Pelvic floor muscles are the muscles that support the bladder, urethra, and rectum. These muscles help control the flow of urine and can help prevent urge incontinence.

There are a number of exercises that can help strengthen the pelvic floor muscles. One of the most effective exercises is the Kegel exercise. To do a Kegel exercise, simply squeeze the muscles you would use to stop the flow of urine for five seconds. Relax for five seconds, and then repeat the exercise 10-15 times.

You can do Kegel exercises several times a day. As you get stronger, you can increase the number of repetitions.

2. Manage Your Fluid Intake

Drinking too much fluid can put pressure on the bladder and cause urge incontinence. If you have urge incontinence, it is important to limit your fluid intake, especially in the evening.

You should also avoid drinking caffeinated beverages, such as coffee, tea, and soda. Caffeine can irritate the bladder and make urge incontinence worse.

3. Avoid Triggers

Certain activities can trigger urge incontinence. These triggers can vary from person to person, but some common triggers include:

- Stress
- Anxiety
- Cold weather
- Certain foods and drinks

If you know what your triggers are, you can avoid them or manage them to reduce the risk of urge incontinence.

4. Bladder Training

Bladder training is a technique that can help you regain control over your bladder. The goal of bladder training is to gradually increase the amount of time between urination.

To start bladder training, you will need to keep a bladder diary for a few days. This will help you identify how often you urinate and what triggers your urge incontinence.

Once you have identified your triggers, you can start to gradually increase the amount of time between urination. You can do this by setting a timer and trying to hold your urine for a few extra minutes each time you urinate.

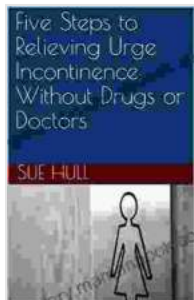
As you get stronger, you will be able to increase the amount of time between urination.

5. Seek Professional Help

If you have tried the above steps and you are still struggling with urge incontinence, it is important to seek professional help. A doctor can evaluate your symptoms and recommend the best treatment for you.

There are a number of effective treatments available for urge incontinence, including medication, surgery, and physical therapy. Your doctor will discuss the best options with you and help you develop a treatment plan that is right for you.

Urge incontinence is a common problem, but it can be managed effectively without drugs or doctors. By following the steps outlined in this article, you can regain control over your bladder and improve your quality of life.



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