

notes

Treating Urinary Incontinence

Depending on the type, or combination of types, of incontinence your parent is suffering from, the following treatments may be effective:

- Kegel or pelvic floor exercises
- Bladder or behavior training
- Combination of Kegel exercises and behavior training
- Medications: Antispasmodics, Estrogens and Calcium channel blockers
- Bladder surgery
- Collagen injection

Other tips for managing incontinence:

- Reduce intake of foods or beverages that increase urination or may irritate the bladder (e.g., parsley, coffee, tea, and alcohol).
- Take measures to ease pressure on the abdomen (e.g., lose weight).
- Drink plenty of fluids during the day, but limit fluid intake two to three hours before going to sleep.
- Empty the bladder completely when you urinate and try to give an extra push to get the last drops of urine out.
- Only use absorbent pads, belts, or adult diapers as a last resort. They're not recommended because people tend to rely on them and do not get proper medical treatment. Check first with your doctor before buying any of these products.