

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.

For more information on these questions and what to expect, access the Parentgiving Learning Center.