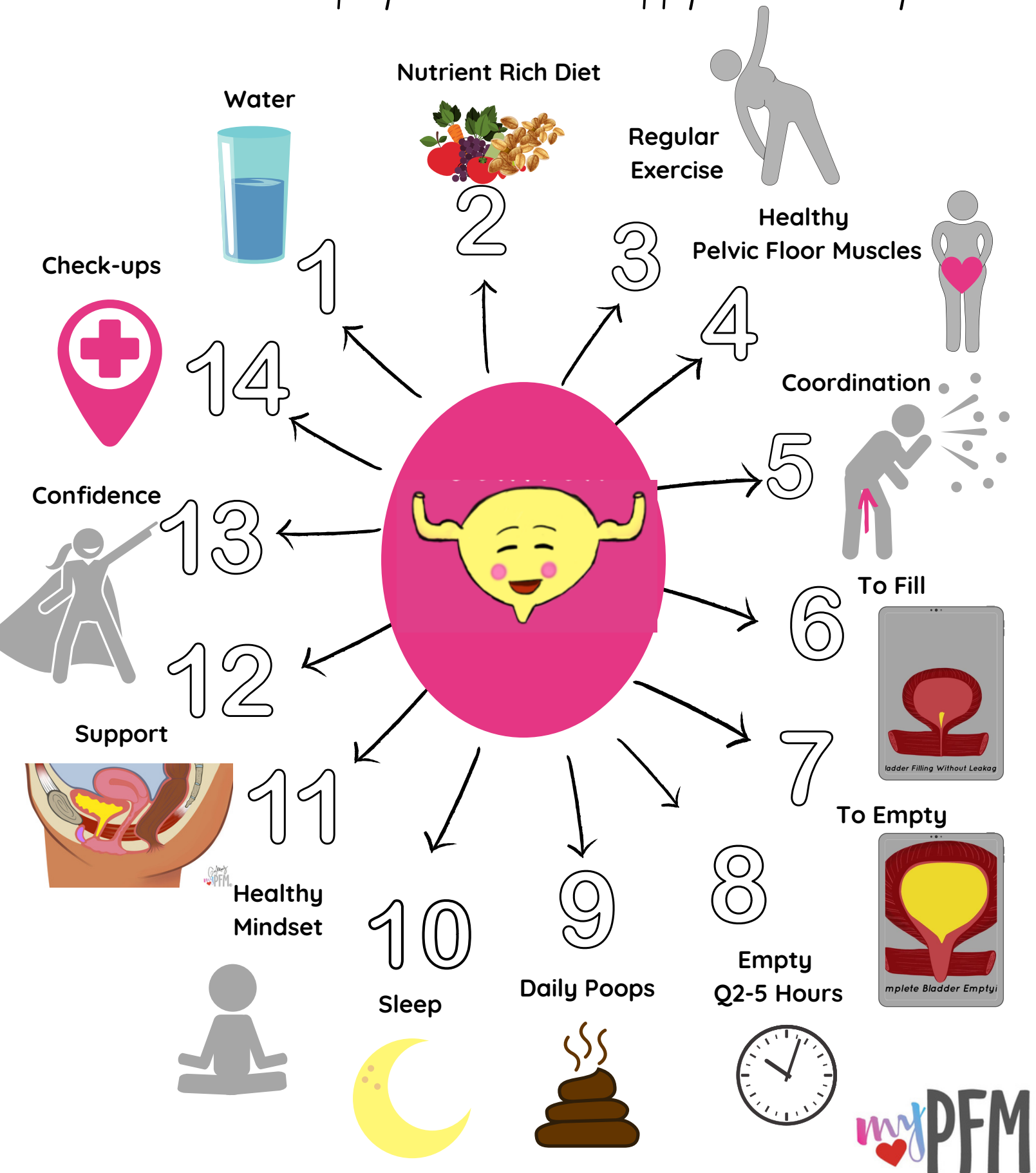


# A Happy Bladder Likes...

How to keep your bladder happy and healthy



- 1 Staying hydrated helps to keep the poop soft and moving through your "pipes".
- 2 A fiber rich diet helps to keep your "pipes moving". Fiber rich diets include plenty of whole grains, fruits, and vegetables.
- 3 Regular exercise helps keep your digestive system healthy and moving. Not convinced? What usually happens when you "walk the dog"? That's right- the dog usually poops!
- 4 Healthy pelvic floor muscles wrap around the urethra (the bladder outlet) to keep it closed at the right times and to allow it to open at the right times. We need the urethra to open so that urine can easily exit without straining or pushing.
- 5 Your muscles are designed to automatically coordinate to keep you from leaking.
- 6 The bladder is kind of like a water balloon. It is meant to fill and expand. Consistently emptying it before it fills can cause problems like urinary urgency and frequency.
- 7 Your bladder is meant to empty without straining or pushing in one solid steady stream. Straining, pushing, and squeezing may contribute to other problems like incomplete emptying and pelvic floor incoordination.
- 8 Regularly emptying before 2 hours or over 5 hours can contribute to other problems.
- 9 A full, constipated colon and rectum can actually contribute to nighttime bedwetting and other bladder dysfunctions. Daily pooping helps keep the bladder happy.
- 10 Healthy bladders can sleep through the night without waking you up more than once (increase that to twice if you're pregnant or over 65).
- 11 The bladder is very sensitive to stress so keeping a healthy mindset is a big part of keeping the bladder happy and healthy.
- 12 The bladder is supported by ligaments, connective tissue, and pelvic floor muscles. If that support is compromised, it may contribute to problems like pelvic organ prolapse.
- 13 Confidence that you have control over when and where you choose to empty is an important part of keeping a healthy bladder.
- 14 Regular check-ups to discuss bladder health and any symptoms like pain, leaks, pressure, or difficulty emptying are important.