

OVERACTIVE BLADDER



Overactive Bladder
Bladder muscle squeezes when you don't want it to

What is overactive

bladder? With overactive bladder, you have many strong, sudden urges to urinate during the day and night. You can get these urges even when you have only a little bit of urine in your bladder. You may not be able to hold your urine until you get to the bathroom and this can lead to urine leakage, called incontinence.

What causes overactive

bladder? An overactive muscle in the bladder pushes urine out. There are many things that can make this muscle overactive. Sometimes changing the foods and drinks or lifestyle changes will help with your overactive bladder symptoms.

How can overactive bladder be treated? Overactive bladder treatment has many approaches, from medication, to behavioral changes, to a combination of both. Bladder training and pelvic floor exercises are two forms of natural treatment. Sometimes changing the foods and drinks in your diet will also help with your overactive bladder symptoms. A group of drugs called anticholinergics may also be prescribed to help with overactive bladder symptoms. Botox and Interstim therapy are other options that you can discuss with your physician.

What foods and drinks should be avoided with an overactive bladder?

Salty Foods. Potato chips, salted nuts, and other salty foods can cause the body to retain water, which eventually goes to the bladder. They can also make you thirstier, so you may be more likely to drink more liquids.

Acidic foods. Citrus fruits, tomatoes and tomato products. Try to eat more fruits that are less acidic, such as pears or blueberries.

Highly spiced foods. Cut back on the spices little by little and see if your symptoms improve.

Chocolate. Chocolate has caffeine.

Artificial sweeteners.

Caffeinated drinks. Coffee, colas energy drinks and teas.

Acidic fruit juices. Especially cut back or avoid orange, grapefruit and tomato juices.

Alcoholic beverages.

Carbonated beverages, sodas and seltzers.