

## Bladder issues

### Description

Bladder problems

Article notes from

Gotta go by Bonnie Liebman in Nutrition Action 3/2023

Incontinence, dribbling, incomplete emptying, difficulty stopping or starting

Over 60% of women have symptoms

Women- childbirth, menopause, hormone changes

Men-enlarged prostate BHP, prostate cancer & treatment

Both- obesity, diabetes, diuretics for blood pressure & other meds

For men surgery, radiation,

Occasionally squeezing pelvic muscles (the ones used to stop/hold urination) as hard as possible five times very quickly may reduce bladder problems by 70% or more

If a problem during sleep avoid liquids 3 hours before bed

Drug therapies less effective & may damage the prostate and/or bladder

If more than exercise is needed & problem is physical blockage, Urolift uses implants to hold the pathway open & Rezum uses water to remove blocking prostate tissue

UTIs

Antibiotics breed deadly antibiotic resistance, & fluoroquinolones tendon damage & other serious side effects

In two studies d-mannose, the no calorie sugar in cranberries, was 85% effective against UTIs

Drinking over 6 cups of water may reduce incidence by 50%

Post menopause vaginal estrogen cream may reduce UTIs, bioidentical may be safest

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Fluoroquinolones (generic names end in -acin) that can cause tendons to rupture

Avelox, Cipro, Levaquin, Maxaquin, Noroxin, Tequin

**Category**

1. Uncategorized

**Date Created**

March 2023

**Author**

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