

Bladder & Urinary issues

Description

To Jesus:

You can use this as an aide to your own research and share with your doctor.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects.

Bladder & Urinary 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

Urinary tract infections- 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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Benign prostatic hyperplasia- BPH

An enlarged prostate that slows urine flow may be helped by:

saw palmetto- hair loss, low libido, urinary problems, prostate cancer, pelvic pain

beta-sitosterol

pygeum- prostate cancer, kidney disease, malaria, fever, stomachaches, low libido

rye grass pollen

stinging nettle- also hay fever, high blood pressure & high blood sugar

green tea

lycopene (reddish vegetables)

pumpkin seed extract

healthline.com/health/enlarged-prostate/natural-remedies#nutrition-and-eating-changes

healthline.com/nutrition/stinging-nettle#TOC_TITLE_HDR_9

healthline.com/health/food-nutrition/pygeum#sexual-health

gaurology.com/supplements-and-bph/

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

Avelox, Cipro, Levaquin, Maxaquin, Noroxin, Tequin

Category

1. Uncategorized

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