



Bladder Health Promotion

Community Awareness Presentation
Content contributions provided by the
Society of Urologic Nurses (SUNA)
National Association for Continence (NAFC)
Simon Foundation for Continence

This presentation will review common bladder health concerns, their treatments and ways to prevent them.

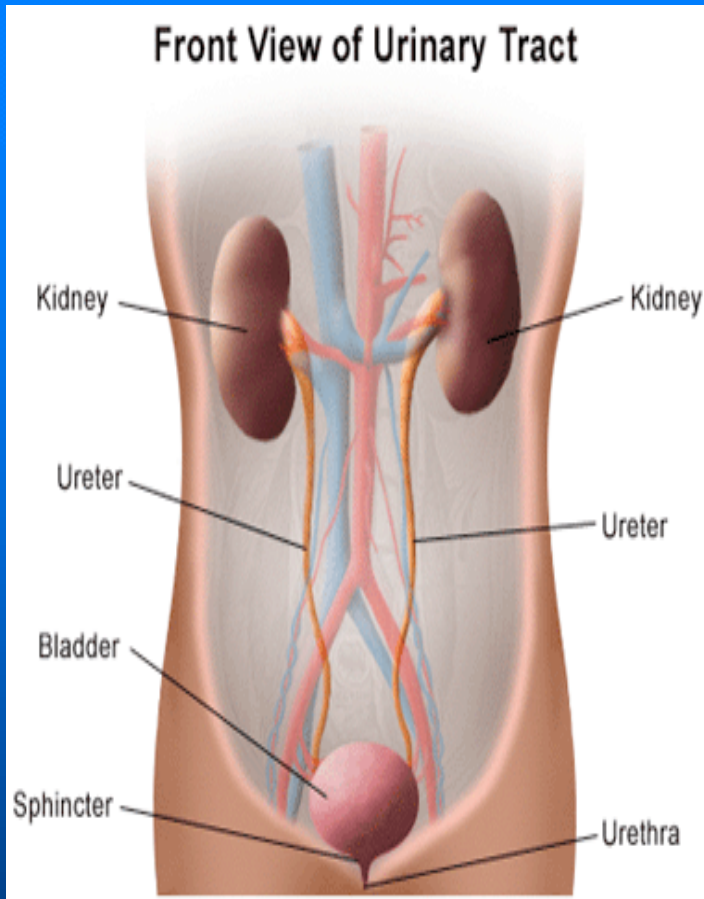
These concerns include:

Urinary Tract Infections

Urinary Incontinence

Bladder Cancer

Urinary System



Urine: is formed in the kidneys and moves down the 2 ureters to the bladder.

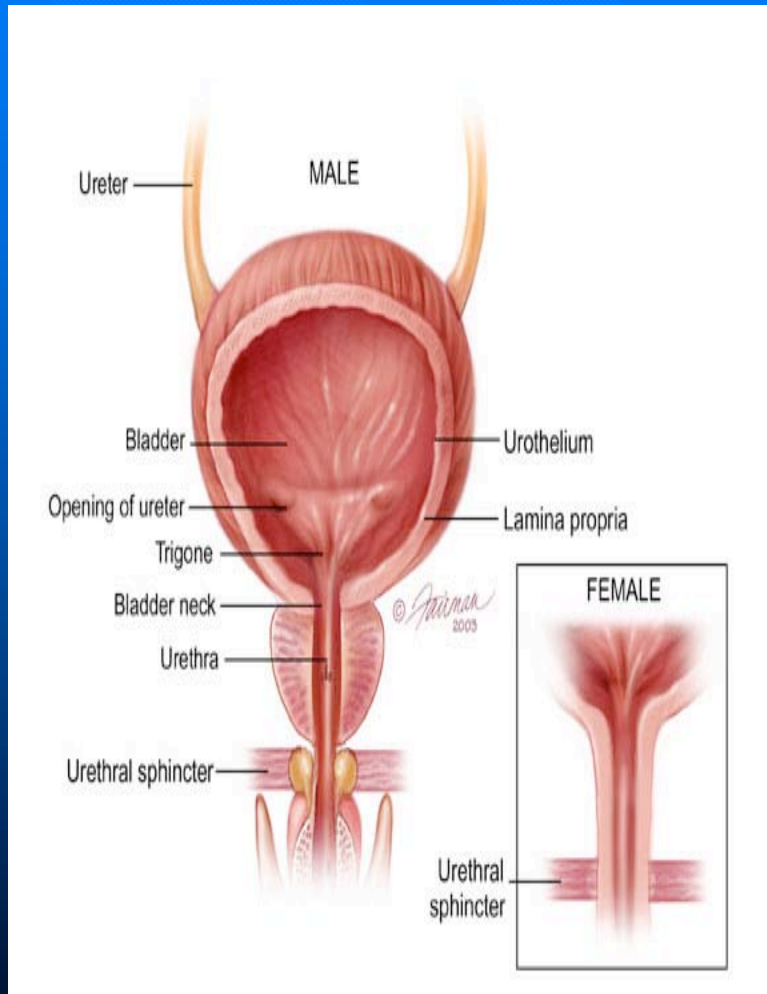
Bladder: stores and eliminates urine

Detrusor: muscle of the bladder contracts and pushes the urine out during urination.

Urethra: tube from the bladder that carries urine out of the body.

Pelvic floor muscles: a sling of muscles that surround and press on the urethra to maintain urine in the bladder.

Bladder Function



When you are ready to urinate, the brain relays a signal to the sphincter to relax and open and a signal to the bladder to contract.

After you urinate, the sphincter closes tightly and the bladder relaxes and the refilling can resume.

Urinary Tract Infections

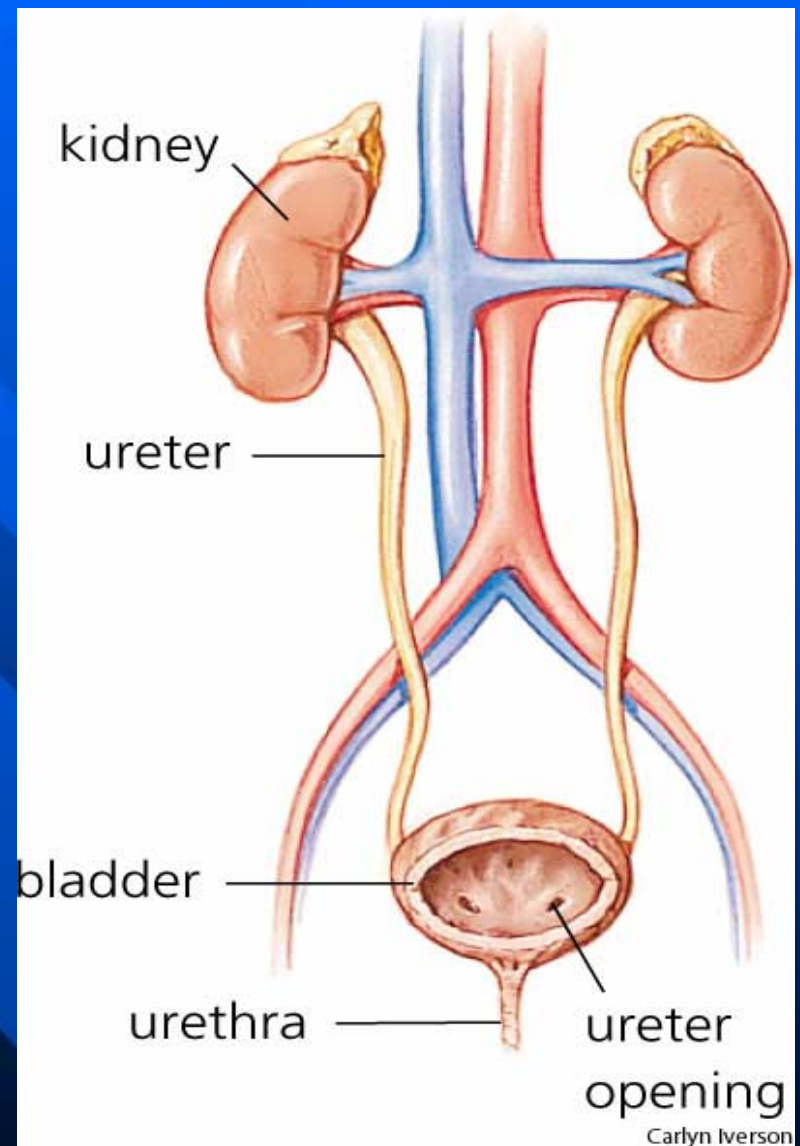


Urinary Tract Infections (UTI)

A UTI is an infection anywhere in the urinary tract. Your urinary tract includes the organs that collect and store urine and release it from your body.

They are the

- kidneys
- ureters
- bladder
- urethra



Urinary Tract Infections (UTI's)

Signs and Symptoms may include any or all of the following:

- Painful urination
- Cloudy, foul smelling urine
- Irritative symptoms (frequency, urgency &/or bladder pressure)
- Urine leakage
- Blood in the urine
- Fever
- Feeling tired and achy
- Confusion in elderly

Risks Factors for UTI's

- _ Pregnancy and Childbirth**
- _ Gender**
- _ Sexual Activity**
- _ Enlarged prostate or prostate infection**
- _ Physical abnormalities, ie., strictures,
birth defects**
- _ Weakened immune systems**

Prevention of UTI's

- _ Maintain proper fluid intake. If you suspect an infection-increase fluid intake, especially water**
- _ Women should wipe from front to back after passing urine to avoid contamination**
- _ Wear cotton undergarments**
- _ Shower regularly, gently dry completely**

Treatment of UTI's

- _ Contact your healthcare provider for evaluation and possibly medication**
- _ Treatment may include antibiotics and pain relievers**
- _ Common over the counter pain relievers can decrease aches and fever**
- _ Increase fluid intake especially water**

Bladder Control : Urinary Incontinence



Urinary Incontinence

Definition:

Any uncontrolled loss of urine of any amount



Urgency and frequency of urination are not considered incontinence unless there is loss of bladder control, even a few drops of urine.

Types of Incontinence

- _ Stress – leakage of urine due to an increase in abdominal pressure with sneezing, laughing, lifting or changing position**
- _ Urge – leakage of urine with a strong urge to urinate usually on the way to the bathroom**
- _ Mixed – a combination of Stress and Urge incontinence**

Chronic Retention of Urine / Overflow Incontinence

— Overflow incontinence (a flaccid or enlarged bladder) occurs when the bladder can't fully empty



This can occur from an enlarged prostate in men, diabetes, stroke, multiple sclerosis, spinal cord injury &/or other neurologic diseases as well as side effects of medications

Signs and Symptoms of UI

- **Stress**-leakage of urine with physical activities, exercise, coughing, laughing or sneezing
- **Urge**- strong urge to urinate followed by uncontrollable leakage
- **Mixed**- leakage of urine with both an urge to urinate and activities as listed above
- **Overflow**-leakage of urine with a full bladder or a need to strain when passing urine

Risk Factors for Incontinence

- Congenital defects
- Limited mobility
 - ex. inability to get to the bathroom)
- Pregnancy
- Menopause
- Enlarged prostate
- Obesity
- Constipation
- Medications (ex. diuretics and sedatives)
- Cigarette smoking
- Diet (caffeine, alcohol, poor fluid intake)
- Surgery (ex. Prostatectomy)
- Disease (ex. Parkinson's, MS, diabetes, spinal injuries)
- Urethral strictures

Prevention of Incontinence

- _ Work with urology healthcare professionals to determine an appropriate voiding schedule**
- _ Take time to empty your bladder completely**
- _ Be aware of how certain medications effect your bladder control**
- _ Attend lectures, seminars and health fairs to learn more about the treatment options for maintaining control**

Treatments for Stress Incontinence

- Lifestyle changes: weight loss, reducing dietary irritants, smoking cessation
- Pelvic floor muscle exercise
- In women, pessary placement
- Injection of bulking agent such as collagen
- Surgical treatments include: artificial urinary sphincter, bladder neck suspension, and urethral sling

Treatments for Urge Incontinence

- Fluid management (time and amount of fluid, limiting alcoholic and caffeine beverages)
- Dietary management and weight reduction
- Pelvic floor muscle exercise
- Bladder retraining
- Medications
- Surgical : Sacral nerve stimulators and denervation surgery

Treatment for Overflow Incontinence

- **Surgical repair of urethral strictures**
- **Remove or reduce obstruction**
- **Scheduled timed voiding**
- **Clean intermittent catheterization**

Bladder Cancer



Bladder Cancer

Bladder Cancer occurs when cells grow out of control forming a growth or tumor in the lining layer of the bladder.

Bladder cancer begins as superficial (on the surface) and can be easily treated.

If not treated, it will continue to grow directly into the lining of the bladder wall making it harder to treat.

Signs and Symptoms of Bladder Cancer

Most common signs of bladder cancer:

- Blood in the urine**
- Pain during urination**
- Urinate urgently or very often**

These can also be signs of infection, benign tumors, bladder stones, or other problems.

See your healthcare professional to determine the cause of the symptoms.

Risks Factor for Bladder Cancer



Researchers are not exactly sure why some people get bladder cancer. Some occupations are at a higher risk for bladder cancer due to exposure to cancer causing substances.

Chemicals pass through the bladder and can cause damage to the cells resulting in cancer.

Risks Factors for Bladder Cancer

People that handle rubber, chemicals, and leather, as well as hairstylists, machinists, metal workers, printers, painters, textile workers, and truck drivers are at higher risk.



Prevention of Bladder Cancer



_ Limiting exposure to cancer causing chemicals in the workplace can decrease the risk of bladder

**_ If you smoke: STOP!!!!
Smokers are 2-3-times more likely to develop bladder cancer than nonsmokers**



Treatment for Bladder Cancer

- A specialized doctor called a Urologist will discuss your treatment options.
- Options may include
 - Surgical removal of the tumor
 - Bladder instillations to destroy cancer cells on the bladder lining surface
- After surgery, treatment and monitoring to prevent recurrence will be discussed.



Promoting Bladder Health



Promoting Bladder Health

- Drink 6-8 cups of fluid daily, preferably water**
- Limit the use of alcohol, caffeine, artificial sweeteners, high sugar, citric/spicy foods**
- Maintain weight, good posture and hygiene**
- Keeping other medical conditions under control**
- Be aware of medications that may lead to incontinence (e.g., diuretics and sedatives)**


Promoting Bladder Health

- _ Learn how to strengthen the pelvic floor muscles by doing pelvic floor exercises**
- _ Work with your health care provider on timed scheduled voiding**
- _ Avoid constipation by eating a high fiber diet**
- _ Report changes in bladder habits, frequency, urgency, pain or blood in the urine to your healthcare professional**

Promoting Bladder Health

- _ Keep a cup for drinking near bathroom and kitchen sinks as reminders to drink**
- _ Reduce drinking fluids in the evening to decrease nighttime urination**
- _ Drink enough fluid for urine to be clear**
- _ Drink evenly throughout day, not all at once**





**Bladder Health
Promotion is an
important concern
for everyone**

**Thank you for your
attention**