



STOP LEAKS

LET'S DISCUSS URINARY INCONTINENCE WITHOUT RESERVATIONS

1.



Discard those taboos

Talk with your doctor to decide the most appropriate treatment for you.

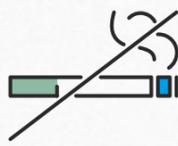
2.



Do not strain when urinating

An increase in pressure damages the pelvic floor muscles.

3.



Quit smoking

Smoking causes chronic cough which creates abdominal pressure and weakens the pelvic floor.

4.



Drink fluids with moderation

And avoid drinking 2–4 hours before going to sleep.

5.



Reduce your consumption of stimulants

For example, coffee, tea, alcohol, beverages or energy drinks.

6.



Go walking, cycling or do yoga

Avoid high-impact sports that may place pressure on the pelvic floor.

7.



Tackle constipation

Incorporate high-fibre foods into your diet.

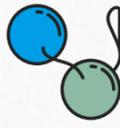
8.



Avoid spicy foods

They may irritate your bladder.

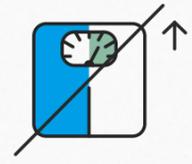
9.



Strengthen your pelvic floor muscles

Use Kegel exercises and devices such as vaginal balls, cones or spheres, amongst others.

10.



Avoid being overweight

Obesity is one of the main risk factors for urinary incontinence.

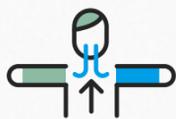


Did you know that...

- ✓ 1 in 4 women over the age of 35 are affected by urinary incontinence.
- ✓ Half of all people with the condition do not visit their doctor for fear of the social stigma.
- ✓ The main causes are pregnancy, childbirth, being overweight and the menopause.
- ✓ The correct diagnosis can improve and even cure the condition.
- ✓ 1 in 4 men over the age of 40 are also affected by urinary incontinence. Its cause: a prostate problem, being overweight or diabetes.

Kegel exercises

1, 2, 3...



Contract the anal (as if retaining gases) and vaginal openings (as if stopping urination) and count to 3.

Breathe normally while performing the exercise and repeat it 10–15 times.



Try to keep the other muscles relaxed.

