

# Stop leaks

Let's discuss urinary incontinence without reservations



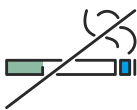
## Discard those taboos

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



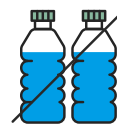
## Do not strain when urinating

An increase in pressure damages the pelvic floor muscles.



## Quite smoking

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



## Drink fluids with moderation

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



## Reduce your consumption of stimulants

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



## Go walking, cycling or do yoga

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



## Tackle constipation

Incorporate high-fibre foods into your diet.



## Avoid spicy foods

They may irritate your bladder.



## Strengthen your pelvic floor muscles

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



## Avoid being overweight

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

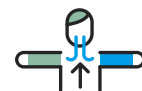
## Kegel exercises

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.

1, 2, 3...



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