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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Incontinence: Improving Muscle Tone

By Kathryn Whittaker

Incontinence is one of the most common problems among women these days. A treatable disorder, whose main symptom is frequent urination and leakage. An overactive bladder and incontinence affects 12 million North American women.

Incontinence occurs when the urethra loses support from the vaginal walls. Overactive bladder is closely linked to incontinence, and is characterized by such symptoms as frequent urination, insomnia due to the urge to urinate at night, urine leakage, and even bed-wetting. An overactive bladder is often caused by bladder stones, surgery or neurological disease. Among the main risk factors for incontinence are excessive weight, smoking, pregnancy, stress and infections of the bladder, such as cystitis.

Aside from being a physical health issue, incontinence and suffering with an overactive bladder can result in emotional and mental health issues. Frequent urination can be an embarrassing problem. As a result, many women who suffer from incontinence become socially inactive, abandoning social activities. Many women even stop seeing other people.

Childbirth is a major cause of incontinence, with age and menopause contributing to the problem. Vaginal childbirth frequently causes pelvic damage because the pressure of the fetal head displaces and stretches parts of the pelvic anatomy, most specifically, the vaginal walls. With the onset of menopause women can become estrogen deficient which can cause the vagina to thin which prevent the urethral walls from closing well. This lack of closure translates into incontinence.

There is no unique treatment strategy for incontinence and overactive bladder. You can prevent leakage of urine temporarily using diapers and pads, or even undergo a surgery. For bladder infections, there are a number of traditional and herbal remedies, such as cleaver or Marshmallow root teas that help toning bladder muscles.

Incontinence and other bladder problems don't necessarily have to be treated with medications. Pelvic muscles can be strengthened and toned, just like any muscle in the body, to prevent spontaneous urine leakage. These exercises, called after the doctor Kegel who invented them, are often prescribed

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to pregnant women. In the same time, Kegel exercises can tighten the muscles that control stream of urine. You can locate these muscles by stopping and starting the flow of urine.

Women, who are already being treated for incontinence, can start doing 3 sets of 50–60 repetitions of Kegel exercises a day. Then, as the muscles strengthen, women can do as much as a hundred Kegels a day – not at one time, of course! Quite conveniently, Kegel exercises can be easily done everywhere, as they are completely invisible. There are even vaginal weights to be used when doing Kegel exercises.

You can develop your own Kegel routine by adding variations of exercise, such as elevation Kegels or holding the pressure for a few seconds. Women who practice Kegels admit that these simple exercises have the added benefit of greatly improving their sex life.

The most important message for women who suffer from any form of urinary incontinence is that in 80

to 90 percent of people it can be significantly improved or even cured.

Kathryn writes articles on a number of different topics. For more information on Incontinence please visit

<http://www.incontinence-guide.org/incontinence-articles/>

and for incontinence supplies please visit

<http://www.incontinence-guide.org/plasticpants/>

Common Causes Of Stress Incontinence

By Kathryn Whittaker

Incontinence can be caused by several medical problems which includes diabetes or weak pelvic muscles. For women, drying and thinning of the skin in the vaginal area or the urethra causes incontinence especially after menopause. For men, the enlarging of the prostate gland or some prostate surgeries may be the main cause of incontinence. Although incontinence can affect both genders it mostly affects women.

If the pelvic muscles are weakened, a person will be prone to incontinence. This has been the cause of incontinence for many people. There are also some medicines that may cause or trigger incontinence. Consult with your doctor before taking any over-the-counter medicines. Certain medications and antibiotics can cause unwanted side effects such as incontinence.

The build-up of stool in the bowel may also affect a person thus causing incontinence. If a person is unable to move around freely, he may experience incontinence. A simple urinary tract infection may lead to incontinence. Also those people who have high calcium levels and problems such as diabetes

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are candidates for incontinence.

It is mostly adults who experience incontinence. This occurs when the bladder contractions have overcome the muscles that are forming a ring around the urethra in order to keep it closed. Defects in the nerves of the brain might lead to incontinence developing. These nerves control the bladder activity and if they are not functioning properly there is a knock on effect to other areas in the body. This situation can be caused by a stroke, Parkinson's disease, or from other conditions that damage the brain.

If the bladder is irritated, it might cause spasms which are not normal. This happens frequently with bladder stones, bladder cancer, and tract infections. This can also be caused by the blockages and tumors found in the colon which pushes it up through the bladder.

If the normal reflexes are lost, the motion of emptying the bladder could be impaired. This can be experienced by those who are experiencing problems with the nerves that lead through the bladder. Also from the damages due to the tumors and spinal cord that presses on the nerves. The loss of the normal voiding reflex can be affected.

The most frequent situation in older adults is unrestrained contractions of the bladder that build up without other serious fundamental illness or cause.

It is important to understand the causes of incontinence so that you can identify them and try to avoid them. Incontinence may be quite difficult to cure so the proper actions should be practiced. Since women are more prone to incontinence, they should be especially watchful for the first signs of incontinence.

Kathryn Whittaker has an interest in Health related topics. To find out how you can get more information please visit this Incontinence

<http://www.understandingincontinenceguide.com>

related site.



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