



# Bladder Health Promotion

Community Awareness Presentation  
endorsed 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.**

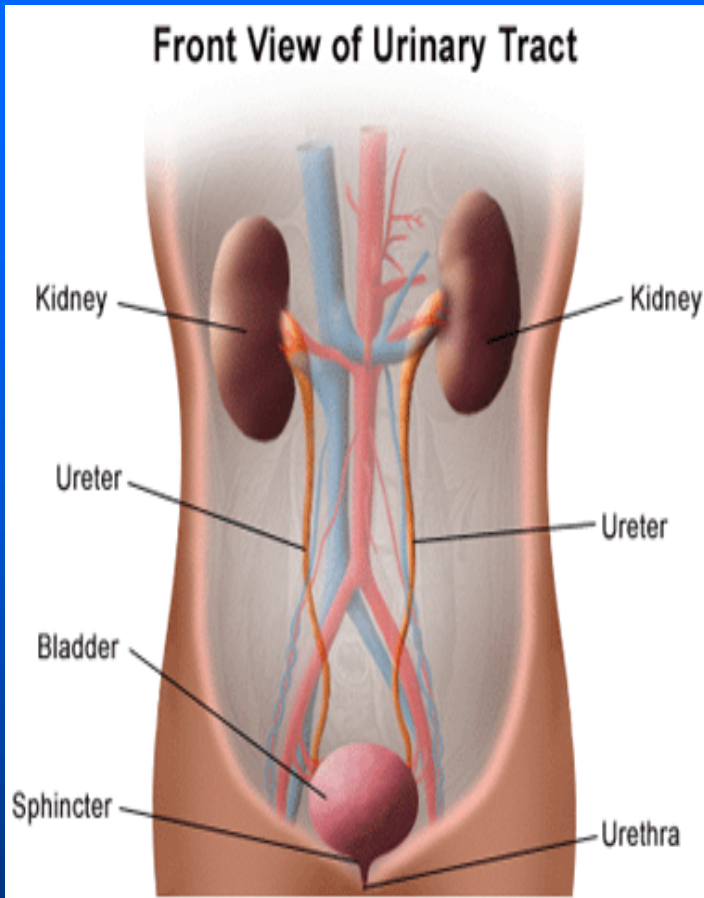
**These concerns include:**

**Urinary Tract Infections**

**Urinary Incontinence**

**Bladder Cancer**

# Urinary System



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

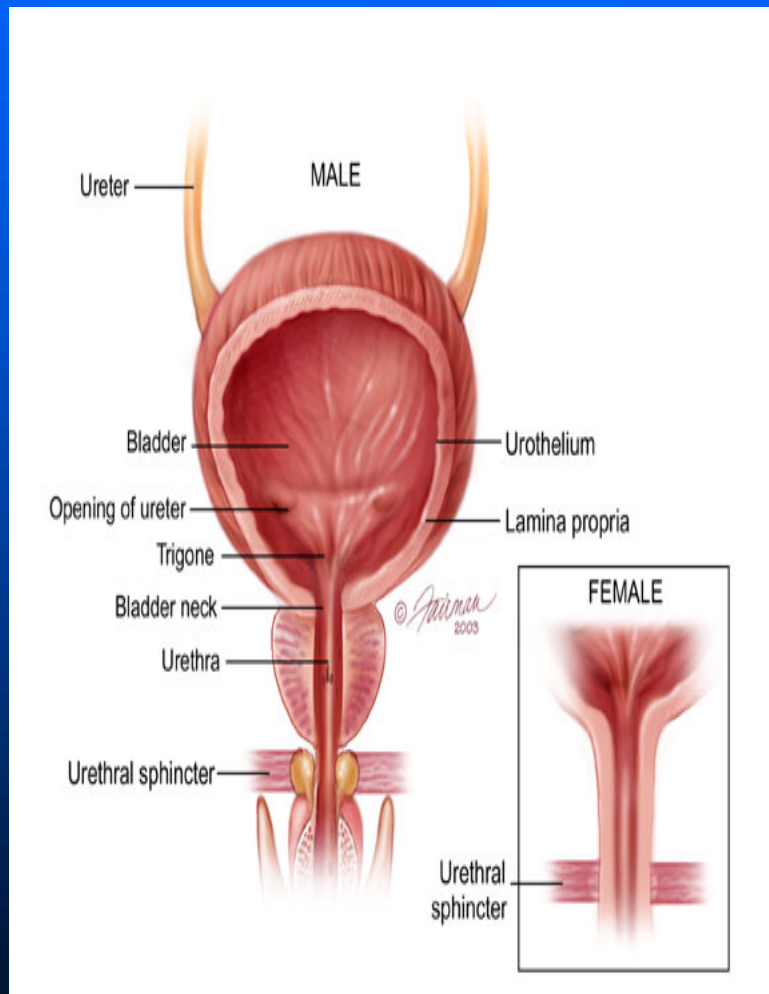
**Bladder:** stores and eliminates urine

**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

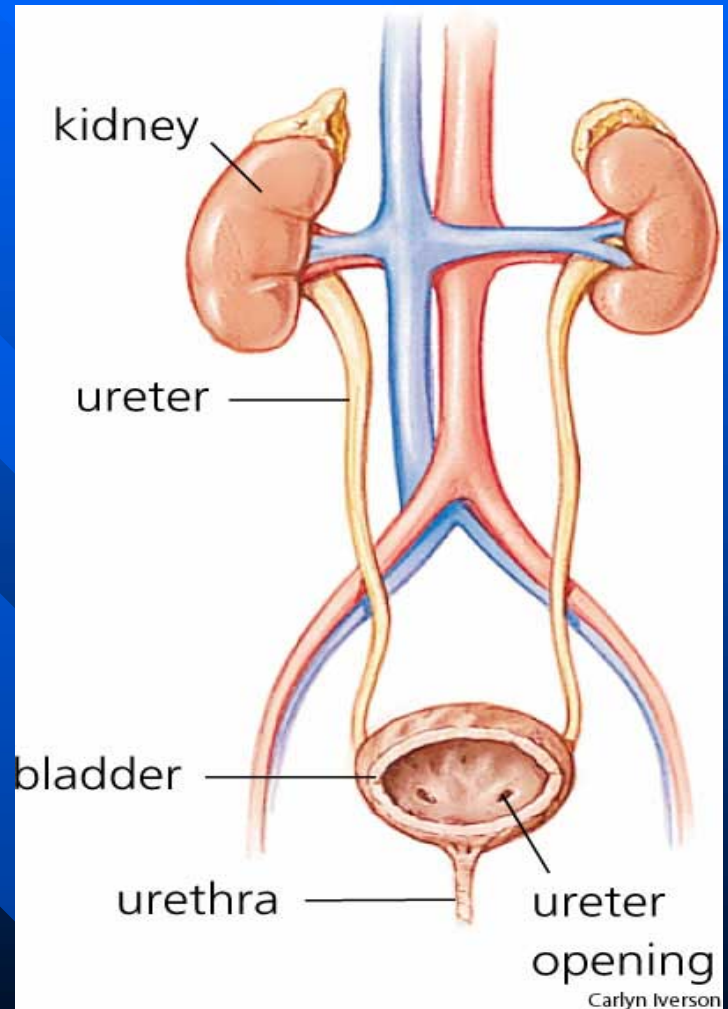


# Urinary Tract Infections (UTI)

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

# Types of Incontinence Cont.

- **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



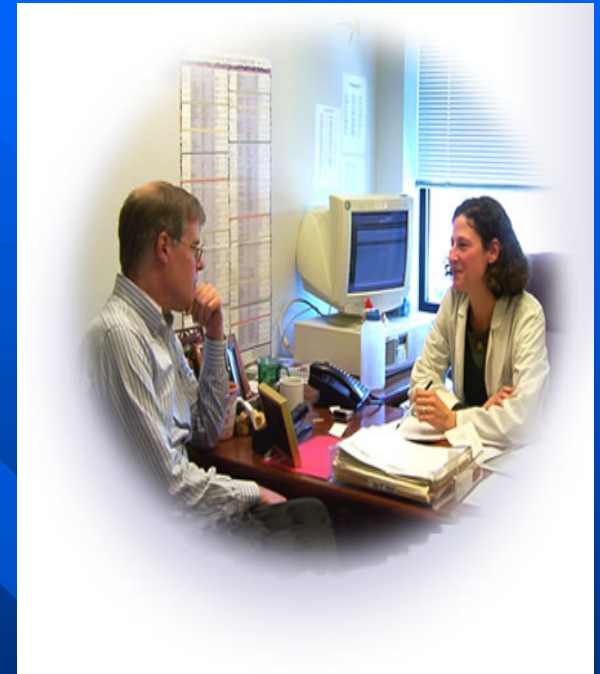
- Limiting exposure to cancer causing chemicals in the workplace can decrease the risk of bladder

- 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**