

Diet, exercise, fluids to keep your bladder healthy

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PEOPLE rarely talk about bladder health, but it's an important organ we use daily and it is a key part of maintaining a healthy life.

As people get older, the bladder changes.

However, bladder weakness is not a normal part of ageing and some issues are treatable or can be well managed.

What are the signs of a healthy bladder?

A healthy bladder empties four to six times each day and tells you when it is full but gives you enough time to find a toilet.

It does not leak urine, and may wake you up once at night to pass urine and twice if you are older (i.e. over 65 years of age).

How do we maintain good bladder health?

Fibre improves bowel function by absorbing water and adding bulk to your bowel motions (poo).

This helps you avoid constipation, which causes excess stool build-up in your colon, placing pressure on your bladder and keeping it from expanding as it should.

Fibre is found in foods such as multigrain or whole grain breads, cereals/cereal products, fruit, vegetables, legumes, nuts and seeds.

Being active can help prevent bladder issues as well as constipation.

Do pelvic floor muscle exercises regularly.

Obesity, pregnancy, childbirth, regular heavy lifting and a chronic cough can weaken the pelvic floor, but you can strengthen these muscles with specific exercises.

Spread your drinks evenly throughout the day and drink more (preferably water) if the weather is hot or if you are exercising.

Drink less alcohol, fizzy drinks and caffeinated drinks as they can irritate the bladder.

If you would like to learn more, Gateway Health can help.

Our bladder health program is a group activity that provides general information to help you understand your bladder and bowel health.

Conducted by health professionals in a relaxed, informal environment, this is designed to be a safe place to have discussions.

This group is open to men and women of any age with bladder issues, carers and anyone interested in understanding or improving their bladder and bowel health.

For more information, head to gatewayhealth.org.au/healthy-communities/activity-groups/bladder-health/.