

Incontinence

“No, honey, don’t call a plumber; that constant drip you hear is because I was giggling at another rerun of Seinfeld!” Are you losing control over your bladder so frequently that it’s starting to convince you to invest your life savings in diapers?

Incontinence may be one of the most embarrassing symptoms of menopause but there are treatments available... and don’t they always say, “Laughter is the best medicine.” There are several types of incontinence that occur during menopause. *Stress incontinence* is when a sudden impact such as laughing or sneezing compresses against the bladder and force a sudden release of urine. *Urge incontinence*, also known as spastic or overactive bladder, is when you have a sudden and overwhelming urge to urinate and it’s followed by an uncontrollable release of urine. Or you may experience incontinence as a need to frequently urinate followed by a constant dribbling throughout the day.

Estrogen is responsible for keeping muscles strong, including vaginal muscles, and it also contributes to the health of the lining in your urinary tract. When menopause strikes and your estrogen starts to decline it takes a toll on your bladder, and possibly your favorite pair of jeans! Some treatments for incontinence include kegle exercises, estrogen therapy and drinking plenty of water and practicing holding in the urine to strengthen your bladder and vaginal muscles. So drink up, squeeze and hold tight ladies.... There is hope!