

WEEKLY WELLNESS



Bladder Awareness

The month of November highlights Bladder Health Awareness. The purpose is to bring focus to the different conditions of the bladder. The bladder is an organ located in the lower region of the abdomen. It collects liquid waste (Urine). It is lined with many layers of muscle tissue which allows it to hold urine until it reaches its capacity. When time comes for this bladder to release its contents, the internal muscular lining of the bladder contracts, which in turn opens the sphincters to allow urine flow.

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Bladder issues like other chronic conditions have underlying causes such as diet, stress, and lifestyle choices that many are not aware of. At [Natural Medical Solutions Wellness Center](#), Dr. Ravello gets to the root cause of these ailments and helps to restore the body as a whole.



Conditions of the Bladder

Issues of bladder control is not a normal aspect of aging. There are many conditions of the bladder, that occur for multiple different reasons.

Cystitis: is an inflammation of the bladder, normally due to an infection such as Urinary Tract Infections (UTIs).

Interstitial Cystitis: is also known as Bladder Pain Syndrome. It is due to chronic (long term) inflammation and infection which bladder pain and frequent urges to urinate.

Urinary Incontinence: is a loss of bladder control. Although it is most common in women, it affects both men and women.

Overactive Bladder: is when the bladder releases urine at the wrong time. This is also accompanied by the sensation of having to urinate, and the feeling that a large leak is going to happen.

Bladder Cancer: is a cancer that occurs in the bladders of mostly older adults. It occurs when the lining of the bladder had become inhabited by tumor growths. The most common symptom of bladder cancer is hematuria, also known as blood in the urine.

These conditions are diagnosed using many types of tests such as urine tests, x-rays, and cystoscope exams. Treatment for the listed conditions depend on the cause of the issue.

Keep Your Bladder Happy And Healthy

Issues with bladder control is not a normal aspect of aging, and is very limiting on the physical and social life of those that are affected. However, with some maintenance and care, bladder issues can be prevented.

Set a healthy diet regime: Consuming meals that consist of fresh whole foods is not only good for keeping a healthy bladder, It also helps with maintaining an overall agreeable weight.

Quit Smoking: Smoking is proved to increase the risk of so many things; An unhealthy bladder is one of them.

Maintain a healthy weight: Being overweight increases your chances of bladder issues, especially urinary incontinence.

Maintain strong pelvic floor muscles: This is one for the ladies. Maintaining a strong pelvic floor prevents your body from many urinary issues later on in life. There are many exercises that help with strengthening the muscles of the pelvic floor, including kegels.

Limit your body from bladder irritants: Things such as alcohol, caffeine, and acidic foods are irritants to the bladder. If taken in excess, overtime it could cause harm to the bladder.

Manage any existing chronic conditions: Keeping any existing condition at bay will help to keep your bladder healthy.

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