

Do you have **BLADDER PROBLEMS?**

Overactive Bladder?

Stress Incontinence?

Urinary Tract Infections?

**Painful Bladder Syndrome/
Interstitial Cystitis?**



If you experience symptoms of :

- frequency
- urgency
- incontinence
- lower abdominal pain

Call our

Confidential Advice Line

0121 702 0820

Bladder Health UK

Living Positively with Bladder Illness

Registered Charity 1149973



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What is Incontinence?

Urinary incontinence occurs when the normal process of storing and passing urine is disrupted causing involuntary leakage of urine. Some people will experience minor leaks occasionally, while others will wet their clothes. The condition can affect both men and women and can occur at any age.

It is important to consult your GP or incontinence specialist at the onset of symptoms for early diagnosis and in order to receive appropriate investigations and treatment.

There are five different types of urinary incontinence:

- **Stress urinary incontinence**
- **Urge urinary incontinence**
- **Mixed urinary incontinence**
- **Overflow urinary incontinence**
- **Functional incontinence**

Incontinence is a subject which many people find difficult to discuss or to seek help for. This may be due to embarrassment or cultural taboos. The onset of continence problems often causes anxiety, loss of self-esteem and confidence and can be isolating.

Many elderly people believe it is part of the ageing process and that little can be done about it. This is not, in fact, the case as about 80% of urinary incontinence can be cured or improved.



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For more information,
help & literature call:
0121 702 0820

Incontinence Treatments

What are the five types of incontinence?

- **Stress Urinary Incontinence**
Involuntary leakage can happen when laughing, coughing or lifting heavy objects.
- **Urge Urinary Incontinence**
An overactive bladder causes urinary urgency and some experience leakage of urine if a toilet is not reached quickly enough.
- **Mixed Urinary Incontinence**
A mixture of both stress and urge incontinence.
- **Overflow Incontinence**
Usually either due to an obstruction at the bladder outlet or bladder muscle not working properly, the bladder can become very distended and cause involuntary leakage of urine.
- **Functional Incontinence**
A physical or mental impairment prevents individuals from reaching the toilet in time.

Treatment

Incontinence is a symptom rather than a disease in itself. Its treatment is therefore dependent on the type of incontinence diagnosed.

Treatments

Include:

- Diet
- Bladder Control Training
- Pelvic Floor Exercises
- Biofeedback
- Electrical Stimulation
- Medication - Antimuscarinics/ Anticholinergics, Alpha-blockers, Mirabegron
- Intravesical
- Botox
- Pessaries
- Catheters
- Surgery

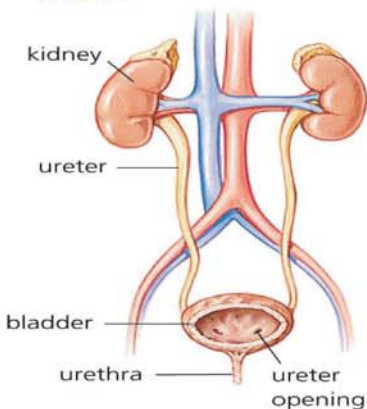
What is an Overactive Bladder?

A healthy bladder has two main functions. Firstly, it acts as a storage facility for urine produced in the kidneys, and secondly as a contracting organ which removes the urine from the body via the urethra.

At an early age, people become aware of when their bladder is full and develop control over when the bladder is emptied. Problems occur when the bladder does not stay relaxed to allow urine storage.

Overactive Bladder

(Also known as unstable bladder) is a common bladder problem, which occurs when the muscle of the bladder (known as the detrusor muscle), contracts without warning therefore causing involuntary leakage of urine.



A cross section of the urinary system

An overactive bladder can affect men, women and children of any age or race. It is however more commonly found in women.

The effects of an overactive bladder on a sufferer's life can be:

- Embarrassment
- Loss of self esteem
- Feeling of not being 'in control'
- Tiredness
- Social isolation
- Loss of intimate relationships
- Loss of income - due to the inability to work

For further information on
how to join us call:
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OAB Symptoms, Causes & Treatments

Symptoms

FREQUENCY

The need to urinate many times throughout the day.

URGENCY

The sensation of having to urinate immediately, and being unable to hold on to urine for any length of time.

URGE

INCONTINENCE

The sudden leakage of urine from the bladder before reaching a toilet.

Treatments

- Bladder Retraining
- Pelvic Floor Exercises
- Medications include Antimuscarinics/ Anticholinergics/ Mirabegron
- Botox Injections
- Neuromodulation (Percutaneous Tibial Nerve Stimulation; Sacral Nerve Stimulation)
- Mirabegron®

What causes an Overactive Bladder?

There is no one single cause for an overactive bladder.

The list below is not exhaustive or definitive, and in all cases a medical opinion should be sought.

- Smoking - nicotine may cause contractions of the bladder.
- Fluid intake - prolonged dehydration may lead to bladder instability. Alcohol and caffeine cause urgency and frequency
- Diet - certain acid foods e.g. citrus fruits may cause urgency.
- Urinary Tract infection/Cystitis - in women this can be a common cause of overactive bladder.
- Bowel function - constipation may be an irritant.
- Neurogenic - conditions such as Multiple Sclerosis

What is a Urinary Tract Infection (Cystitis)?

A Urinary Tract Infection (UTI) also known as Cystitis, is a common, painful condition caused by inflammation or infection of the bladder. Although there are different types of cystitis they all have two main symptoms in common - the need to pass urine frequently and urgently.

The symptom chart below compares the contrasts and symptoms of the main forms of cystitis.

The symptom chart is neither definitive nor exhaustive.

<div style="background-color: #e91e63; color: white; padding: 5px; text-align: center;">FORMS OF CYSTITIS</div> <div style="background-color: #004a99; color: white; padding: 5px; text-align: center;">SYMPTOMS</div>	Interstitial	Bacterial	Sexual	Radiation	Irritant	Eosinophilic
Temporary relief during voiding	Y	N	N	Y	P	Y
Pain during voiding	N	Y	Y	N	P	N
Constant pain	Y	N	P	Y	P	Y
Intermittent pain	N	Y	Y	N	Y	N
Pain as bladder fills	Y	N	N	Y	P	Y
Symptoms relieved by antibiotics	N	Y	P	N	P	N
Cloudy/smelly urine	N	Y	P	N	P	N
Blood in urine	P	P	P	Y	P	Y
Fatigue	Y	P	P	Y	P	Y
Y = Yes N = No P = Possible						

UTI/Cystitis Symptoms

Some types of cystitis may be easily cured by self-help methods or a course of antibiotics. However, other forms of cystitis may require further investigation and long-term treatment, although there are certain treatments which may help to relieve symptoms

Who is affected?

Cystitis can affect men, women and children of any age or race. It is, however, more commonly found in women.

The effects that cystitis may have on a sufferer's life are:

- Embarrassment
- Loss of self esteem
- Loss of intimate relationships
- Feeling of not being "in control"
- Pain/Discomfort
- Social Isolation
- Loss of income due to the inability to work
- Tiredness

Treatment Options

- Self-help: Increased fluid intake, analgesia, bicarbonate of soda and cranberry juice
- Non-antibiotic treatment for recurrent cystitis: topical oestrogen and methenamine hippurate
- Antibiotics can be used as an acute treatment course and for recurrent infections also as self-start antibiotics and long-term low dose prophylaxis
- Bladder Instillations Cystitistat®, Hyacist® Gepan®, iAluril®
- Complementary treatments including D-Mannose, and Oil of Wild Oregano/Oregano and Uva Ursi

If in any doubt, please contact your medical practitioner

What is Interstitial Cystitis/ Painful Bladder Syndrome?



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For further information on
how to join us call:
0121 702 0820

Who is affected?

IC/PBS can affect men and women of any age or race, although it is most commonly found in women. It is not a common illness and some patients have difficulty obtaining a diagnosis - the average delay between the onset of symptoms and a correct diagnosis can be up to 5 years in some cases.

Symptoms

There is no standard set of symptoms for IC/PBS as the condition affects people in different ways, but the effects of IC/PBS on an individual's life cannot be understated. It is often debilitating, seriously restricting the quality of life for patients and causing feelings of real helplessness and despair.

Interstitial Cystitis/Painful Bladder Syndrome (IC/PBS) is a chronic inflammation of the bladder wall. It is not believed to be caused by bacteria and does not respond to conventional antibiotic treatment.

Symptoms

Frequency

In the early stages day and/or night frequency of urination may be the only symptom.

Urgency

The sensation of having to pass water immediately may also be accompanied by pain, pressure or spasms.

Pain

This can be in the abdomen, urethra, vagina or penis. It can often be associated with sexual intercourse.

IC/PBS Treatments

Treatments for IC/PBS are designed to help relieve the symptoms of the condition. Research into the actual causes of IC/PBS is still on-going and at the present time there is no known cure for the illness. Treatments are therefore aimed at relieving symptoms through identifying which patients respond best to different treatments.

Diet & Nutrition

Diet has an influence on IC/PBS symptoms in over 50 percent of patients and has proved an effective way to control symptoms - although not every IC/PBS patient responds to the same diet.

Current research shows that some foods appear to irritate the bladder lining and may cause a flare in symptoms - acidic foods, most fruits and juices, tomatoes, mature cheeses, spicy foods, alcohol, caffeine and processed meat/fish. Foods that do not appear to make symptoms worse include bread, rice, pasta, meat and most fish and vegetables.

It is important to keep a balanced diet by substituting foods from the same nutritional group e.g. cottage cheese for yoghurt.

Treatments

- Diet
- Oral medications
- Cimetidine
- Amitriptyline
- Bladder hydrodistension
- Electromotive drug administration
- DMSO (Dimethyl Sulfoxide)
- Cystistat®
- Hyacyst®
- Elmiron®
- Uracyst®
- Gepan®
- iAluril®
- Intravesical Botox
- Neuromodulation
- Surgery

Join Bladder Health UK

Become a Member

Joining Bladder Health UK will enable you to understand your bladder illness and find ways to help manage your symptoms. Your membership is a very important part of our on-going work to raise awareness of bladder illness, not only for sufferers, but also their families and friends.

As a member of Bladder Health UK you will receive an enormous amount of support and practical help. If you so wish, you can be put in touch with other members who are local to you, either to meet face-to-face or by telephone.

Listed below are just a few of the benefits of being a member.

- Advice Line - support, help and information
- New members' information pack
- Can't Wait Card - members' card for toilet access
- Exclusive magazine for members' - 3 times a year
- Local co-ordinator and phone-pals network
- Patient handbooks - giving advice and help
- Lending library & DVDs
- Fact Sheets - wide subject range available
- Nutrition help-line and advice
- Diet Booklet and recipe ideas

For general enquiries, please call or email, or fill in the enquiry form in this leaflet and we will send you a full application form, Alternatively, visit our website and download the application form.



Bladder Health UK

Living Positively With Bladder Illness

Confidential Advice Line: 0121 702 0820

Email: info@bladderhealthuk.org

www.bladderhealthuk.org

Membership Enquiry Form

Please fill in all information.

Your enquiry will be treated as confidential.

NAME:

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ADDRESS:

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.....

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POST CODE:

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TEL:

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EMAIL:

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ANNUAL SUBSCRIPTION £20.00 (concessions available)

I wish to receive a membership application form and have an interest in the following conditions:

Please tick the appropriate box:

- Overactive Bladder
- Interstitial Cystitis/Bladder Pain Syndrome
- Cystitis/Urinary Tract Infection
- Incontinence
- Other

Please post to:
Bladder Health UK
Kings Court, 17 School Road
Hall Green, Birmingham B28 8JG

What is Bladder Health UK?

Our Vision

To work in partnership with key stakeholders to aim for a future free from the pain, stigma and isolation of bladder illness

We will do this by.....

- Ensuring people with bladder health issues can expect a consistent level of healthcare support and treatment.
- Encouraging research into new treatments and personal management strategies.
- Working pro-actively with other like-minded organisations and charities to raise the profile of bladder illness issues.

Mission Statement

To help people live positively with bladder illness through the provision of personalised support and care.

Commitment to our members: We will...

- share your journey to better bladder health
- provide you with support and contact with others with similar conditions and concerns
- be a trustworthy source of information and advice on the most up-to-date and available treatment options.
- elevate patient concerns to ensure your voice is heard
- give you the confidence to make the right choice for you and your bladder health

Living Positively With Bladder Illness!

Bladder Health UK does not engage in the practice of medicine. It is not a medical authority nor does it claim to have medical knowledge. In all cases we recommend that you consult your own medical practitioner regarding any course of treatment or medication.

Bladder Health UK gratefully acknowledges the support of Mr Asid Ali, BSc (Hons) MB.ChB, PhD, FRCS (Urol), with help from Registrar, Heidi Salminen in the preparation of this leaflet.

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