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Dealing With Bladder Issues

Loss of bladder control can lead to urinary incontinence or leaking of urine involuntarily. Individuals who experience loss of bladder control may frequently have a hard time at night sleeping because of numerous trips to the restroom.. This may frequently upset their social activities because these sufferers are inclined to grow to be less interactive and commonly leave society since their condition can cause impediments.

If you happen to be one of those people who are encountering loss of bladder control luckily there are ways to treat the problem. Usually, loss of bladder control is repeatedly caused by a few issues that may be removed in your daily life. The treatment for loss of loss of bladder control often requires lifestyle transformations. Here are a couple easy tips to treat [bladder spasms](#).

Stay away from drinking coffee, carbonated beverages, and alcoholic beverages. Those who drink coffee who experience urinary incontinence ought to stop drinking coffee since it will increase the occurrence of the condition. If at all possible, avoid drinking coffee because it the caffeine acts as a diuretic to worsen the condition. It can also cause contraction of bladder muscles, which will lead to over activity of the bladder. Additionally, carbonated sodas and alcoholic beverages can also cause a diuretic effect.

When the loss of bladder control happens at night, you should void before going to sleep. If you void before going to bed, you can avoid the urge to urinate while you are in bed. Thus, you should be able to sleep better.

Never decrease your water intake. A few people think that loss of bladder control can be prevented by decreasing the intake of water. Although, this is not true because decreasing water intake can lead to other preventable conditions. If you don't want to be dehydrated, then you should not decrease your water intake. Drink a minimum of eight glasses of water per day to keep your body healthy.

Kegel exercises can also help treat loss of bladder control. Through this exercise, you can increase the strength of your pelvic floor muscles. Pelvic floor muscles are accountable for controlling urine flow. Obesity and childbirth can cause weak pelvic floor muscles. Hence, it is important to rehabilitate these muscles so you can prevent [bladder incontinence](#).

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