
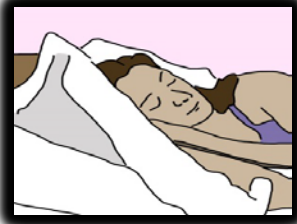



COPING WITH BLADDER AND URINARY SYMPTOMS IN PARKINSON'S DISEASE

<p><u>LIMIT FLUIDS 3 HOURS BEFORE BEDTIME</u></p> <p>This may reduce the number of trips to the bathroom at night.</p> 	<p><u>LIMIT CAFFEINE & ALCOHOL INTAKE 3 HOURS BEFORE BEDTIME</u></p> <p>Caffeine and alcohol stimulate the bladder and create more urine, worsening urgency.</p> 	<p><u>TREAT CONSTIPATION</u></p> <p>Constipation makes urinary urgency worse.</p> 
<p><u>ELEVATE HEAD BY 7-10 INCHES</u></p> <p>Use a wedge pillow to elevate your head. This reduces nocturnal diuresis.</p> 	<p><u>RETRAIN YOUR BLADDER</u></p> <p>Retrain your bladder to obey "your" time. During the day, go to the bathroom every hour and urinate regardless whether you have an urge. After a week, increase the interval by 15-30 minutes every 4 days until you can last at least 3-4 hours without having to go to bathroom.</p>	<p><u>REMEMBER TO DO YOUR KEGEL EXERCISES</u></p> <p>See back of handout for more information</p> 
<p style="text-align: center;"><u>RULE OUT OTHER CAUSES</u></p> <p>Have your primary care and Parkinson's physician rule out other problems that can make urination worse.</p> <p style="text-align: center;">For example:</p> <ul style="list-style-type: none"> • Enlarged prostate (urology) • Medications: some make urinary symptoms worse • Infection • Nerve damage • Excess weight 		<p><u>TREATMENTS USED IN URINARY FREQUENCY</u></p> <p>If these measures do not work, there are medications that can help</p> <ul style="list-style-type: none"> ❖ Trosipium ❖ Myrbetriq ❖ Enablex ❖ Botulinum Toxin ❖ Sacral Nerve Stimulation

KEGEL EXERCISES

WOMEN & MEN



Kegel exercises do not require special clothing or equipment.

They are easy to learn and simple to do.

1

A Weak Pelvic Floor

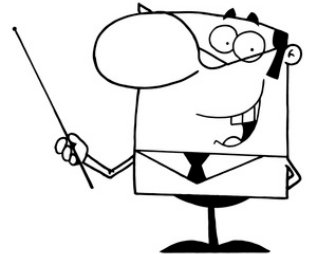
The pelvic floor muscles may weaken due to aging, pregnancy, vaginal childbirth, injury, surgery, chronic cough or lack of exercise. If the pelvic floor is weak, your bladder and other pelvic organs may sag out of place. The urethra may also open up too easily and allow urine to leak out. Kegel exercises can help you strengthen the pelvic floor muscles so they can better support the pelvic organs and better control urine flow.

2

How Kegel Exercises are Done

Try each of the Kegel exercises described below. When you're doing them, try not to move your legs, buttock or stomach muscles.

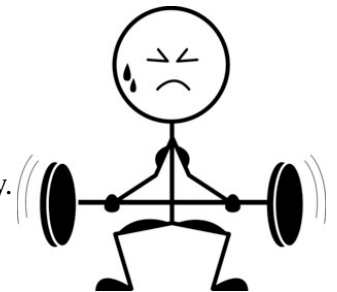
- When you're urinating: try to stop the flow. Start and stop it as often as you can.
- When you're not urinating: contract the muscles as if you're stopping the flow.
- Tighten your rectum as if you're trying not to pass gas. Do not move your buttocks.



3

Hold Each Kegel for 5 seconds

You probably won't be able to hold them long the first time, but keep practicing, they will become stronger. Do 2 sets of 10 daily.



4

Helpful Hints

- Do your Kegels as often as you can. The more you do, the faster you'll see results. It takes about 4-6 weeks to feel a difference.
- Tighten your pelvic floor before you sneeze, get up from a chair, cough, laugh or lift. This protects your pelvic floor from injury and can help prevent urine leakage.
- Leave notes on your bathroom mirror or fridge to remind you to do the exercises.

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