

Joydens Wood Pharmacy

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Opening Times

Monday 9am - 6.30pm

Tuesday 9am - 6.30pm

Wednesday 9am - 6.30pm

Thursday 9am - 6.30pm

Friday 9am - 6.30pm

Saturday 9am - 4.30pm

Closed for Lunch 1pm - 2pm

Your FREE Healthy Living Leaflet for February 2017

1. What is urinary incontinence?
2. What are the most common types?
3. What is stress incontinence?
4. What is urge incontinence?
5. How can you prepare for local trips?
6. What should you take on holiday with you?
7. What should you keep in your clean up kit?
8. How should you look after your skin if you have incontinence?
9. Name 3 ways to relieve symptoms.
10. What are pelvic floor exercises?

Don't get caught short...



We can give you discreet
help and advice

Answers on the bottom of page two

Different Types of Urinary Incontinence

Having urinary incontinence means you pass urine unintentionally. When and how this happens depends on the type of incontinence you have. Most people have either stress or urge incontinence. Stress incontinence is when you leak urine as your bladder is put under sudden pressure, for example when you laugh, sneeze or cough. It is not related to being stressed.

Urge incontinence is when you feel a sudden and very intense need to pass urine and you're unable to delay going to the toilet. There is often only a few seconds between the need to urinate and the release of urine.

There is also mixed incontinence when you have symptoms of both



stress and urge incontinence, overflow incontinence when you pass small trickles of urine very often and total incontinence which is severe and continuous incontinence.

Living with incontinence

People with incontinence can worry so much about needing the toilet, even on quick trips to the local shops, that they become virtually housebound, however you can get a key from the disability network RADAR that allows you to use disabled toilets around the country under the National Key Scheme. It is important to look after your skin if you have incontinence so wash using a cotton cloth or disposable wipes. Use products that cleanse without drying. Don't use soap and baby wipes as they make the skin dry. After cleansing, always moisturise and use a

barrier cream.

Incontinence shouldn't stop you going on holiday. The key is to plan ahead. Take enough of the products you use to last you, your clean up kit (containing a change of clothes, pads, hand wash, wet wipes and plastic bags), a portable washing line and pegs and a deodorising spray.

10 ways to stop leaks

For many people with incontinence the following self help tips and lifestyle changes are enough to relieve symptoms:

1. Quit smoking.
2. Do the right exercises - high impact exercise puts pressure on your pelvic floor muscles and can cause leakage. Sit ups can also make you leak. To strengthen your pelvic floor muscles replace jogging and aerobics with Pilates.
3. Avoid lifting as it puts strain on your pelvic floor muscles. If you must lift say children, tighten these muscles before and during



4. the lift. Lose weight as this can weaken your pelvic floor muscles.
5. Treat constipation promptly as straining to empty your bowel weakens your pelvic floor muscles. Eating more fibre and

taking more exercise can help.

6. Cut down on caffeine as it irritates the bladder and can make incontinence worse.
7. Cut down on alcohol as it is a diuretic and makes you urinate more often.
8. Drink six to eight glasses of water a day (but no more).
9. Eat the right foods – avoid spicy and acidic foods such as curries and citrus fruits as they can irritate the bladder and make the symptoms worse.
10. Do pelvic floor exercises.

Your pelvic floor muscles run from your pubic bone at the front, between your legs to the base of your spine at the back. They are shaped like a sling and hold your pelvic organs in place. As you get older these muscles get weaker so to strengthen sit comfortably and squeeze them 10 to 15 times in a row. Do not hold your breath or tighten your stomach, buttock or thigh muscles at the same time. When you get used to doing these exercises you can try holding each squeeze for a few seconds. After a few months you should start to notice the results. Your incontinence should improve but you should carry on doing the exercises.



We stock a range of incontinence products and can offer confidential advice if you need further help.

Answers: Q1, It means you pass urine unintentionally. Q2, Stress, urge, mixed, overflow and total incontinence. Q3, This happens when you put extra pressure on your bladder i.e. When you cough, laugh or sneeze. Q4, This happens when you suddenly feel an intense urge to pass urine and you are unable to delay going to the toilet. Q5, You can get a key from the disability network RADAR that allows you to use disabled toilets around the country under the National Key Scheme. Q6, Enough of the products you use, a portable washing line and pegs, your clean up kit and a deodorising spray. Q7, A change of clothes, pads, hand wash, wet wipes and plastic bags. Q8, Avoid tampons and sponges, use products that cleanse without drying and avoid soap and baby wipes. Q9, Do daily pelvic floor exercises, quit smoking, avoid high impact exercising and lifting, lose weight, treat constipation promptly, cut down on caffeine and alcohol, drink plenty of water and eat the right foods. Q10, They are exercises designed to strengthen the muscle that runs from your pubic bone at the front to the base of your spine at the back.