Reducing Your Risk of Urinary Incontinence

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En Español (Spanish Version)

Urinary incontinence is often a symptom of another condition. It cannot always be prevented. Women can decrease their chance of developing stress incontinence by doing Kegel exercises or by having pelvic floor muscle training. This is especially helpful in women who have given birth, since childbirth can weaken tissues around the bladder.

Incontinence can also be prevented by:

- Emptying the bladder regularly
- Treating constipation
- Making lifestyle changes, including having a healthy diet (eg, avoiding irritating fluids such as caffeine or alcohol), exercising, losing weight, and quitting smoking

REFERENCES:

