

# FUNCTIONAL PIPEWORK

## Urinary habits

Number one - It's important to drink plenty and empty your bladder frequently.

If you suffer with urgency, leakage, heaviness or pain, either during light or strenuous exercise or when coughing laughing or sneezing? **PLEASE don't accept this as normal.**

Its not uncommon, often people just put up with it! Its important however, If you have any problems in this area then shout out and get professional advice. **DON'T SUFFER IN SILENCE.**

If you have ongoing problems, completing a bladder diary can help identify the triggers. Make a note of when you feel urgency and the activity you were doing. If you go to your GP or physio they would find this information useful.

**Did you know that there are certain foods that can irritate your bladder causing you to want to wee more frequently? By making subtle changes to your diet you can reduce many of the unpleasant symptoms.**

**The most common five bladder irritants are:** fruit juices (such as cranberry or orange), multivitamins (especially those with vitamin C), coffee and tea, carbonated beverages and tomato products.

### Acidic Fruits and Juices

- Lime
- Lemon
- Grapefruit
- Orange
- Pineapple
- Plums
- Cranberry
- Peach

### Spicy Foods

- Mexican, Thai, Indian, Cajun
- Chillies, peppers and onions
- Heavily seasoned foods

### Caffeine Products

- Coffee
- Tea
- Coke
- Chocolate
- Diet pills

### Alcohol

Alcohol acts as a diuretic. It creates a large amount of urine quickly, irritates your bladder and also weakens pelvic muscle tone.

### Tomato Products

- Juices
- Sauces
- Fresh and canned tomatoes

### Other Products

- Sugar
- Honey
- Corn syrup
- Artificial sweeteners
- Carbonated beverages
- Yogurt, aged cheese and sour cream
- Vinegar
- Walnuts or peanuts