adVent PHYSICAL THERAPY

HOW DIET MAY AFFECT YOUR BLADDER

Although there is no particular "diet" that can cure bladder control, there are certain dietary suggestions you can use to help control the problem. Many people with bladder control problems decrease their intake of liquids in hope that they will need to urinate less frequently or have less urinary leakage. While a decrease in liquid intake does result in a decrease in the volume of urine, the smaller amount of urine may be more highly concentrated. Highly concentrated, dark yellow urine is irritating to the bladder surface and may actually cause you to go to the bathroom more frequently. It also encourages the growth of bacteria, which may lead to infections resulting in incontinence. You should not restrict fluids to control your bladder.

Some foods and beverages are thought to contribute to bladder leakage and irritability. However their effect on the bladder is not completely understood and you may want to see if eliminating one or all of these items improves your bladder control. If you are unable to give them up completely, it is recommended that you use the following items in moderation:

- Foods with acidic properties:
  - Alcoholic beverages
  - Tomato based products
  - Vinegar
  - Coffee (regular and decaf)
  - Tea (regular and decaf)
  - Curry
  - Citrus fruits and juices
- Spicy foods
- Caffeinated beverages
- Cola
- Milk
- Food colorings and flavorings
- Artificial sweeteners
- Chocolate

Cigarette smoking is also irritating to the bladder surface and is associated with bladder cancer. In addition, the coughing associated with smoking may lead to increased incontinent episodes.

Substitutions for Bladder Irritants
Although water is always the best beverage choice, grape and apple juice are thirst quenchers and are not as irritating to the bladder.

Low acid fruits:	pears, apricots, papaya, watermelon
For coffee drinkers:	KAVA® Postum® Pero® Kaffree Roma®
For tea drinkers:	Non-citrus herbal Sun brewed tea
Vitamin C substitute:	Calcium carbonate co-buffered with calcium ascorbate