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5 Ways To Improve Your Bladder Health

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As people get older, the bladder changes. The elastic bladder tissue may toughen and become less stretchy. A less flexible bladder cannot hold as much urine as before and might make you go to the bathroom more often.

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5 Ways To Improve Your Bladder Health

- Do pelvic floor exercises.**
Daily exercises can help strengthen your muscles and may help avoid infections.
- Drink enough fluids, especially water.**
How much water you need may vary but try to drink enough fluids so that you need to urinate every few hours.
- Wear cotton underwear and loose-fitting clothing.**
Tight-fitting pants and nylon underwear can trap moisture and help bacteria grow.
- Use the bathroom when needed.**
Take the time to fully empty your bladder. If urine stays in the bladder for too long, it can make a bladder infection more likely.
- Watch what you eat.**
Some people find that certain foods, such as spicy foods, make bladder problems worse. Adjusting your diet may help.

To learn more about bladder health, visit www.nia.nih.gov/bladder-health.  National Institute on Aging

You may also be interested in

- Reading more [tips to keep your bladder healthy](#).
- Learning about [urinary incontinence in older adults](#)

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