

BLADDER WORKSHEET

Bladder problems can occur as a result of how Parkinson's affects the nerves that control emptying the bladder. This can lead to an overactive bladder in people living with Parkinson's, and/or incontinence, the accidental or involuntary loss of control of urine or bowel movements. This can range from occasional minor leakage to complete loss of control of urine or bowel movements. Review this worksheet for ideas of changes you can make to improve bladder problems, checking those you can implement right now.

Dietary Changes

- Drink fluids for general health, but limit after 5:00 p.m. if you urinate frequently at night.

Lifestyle Changes

- Wear pads to reduce stress, anxiety and increase your freedom to go out.
- Be safe. Talk with an occupational therapist about safety measures to take at home, such as grab bars in the bathroom, night lights to illuminate your path at night, a bedside commode or urinals when appropriate.

Treatments

- See your doctor about abrupt changes in bladder control, since this could signal a bladder infection. Also, an abrupt decline in movement or thinking functions can be the first sign of a bladder infection.
- Physical therapy can help with pelvic floor exercises to improve incontinence.
- Occupational therapy can help with bladder therapy, bathroom and hygiene, as well as offer many safety techniques to reduce falls.
- Review bladder control with your doctor. Certain medical conditions affect bladder control. Some medications cause muscle weakness and can therefore weaken bladder control.
- A urologist can help if incontinence continues despite treatment.
- Be sure to tell your doctor if you have memory or thinking problems, as certain bladder control medications can worsen memory.

EVERY VICTORY COUNTS