



FRANKLY SPEAKING

Total Life Chiropractic



Can Chiropractic Help Bladder Problems... Depends?

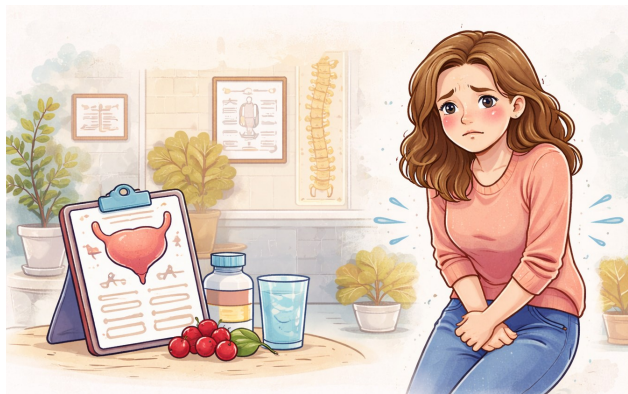
Oftentimes, while taking a female patient's history they will reluctantly mention having bladder incontinence. This is a frequent complaint. The good news is in many cases, there is hope! At TLC we have seen great results with this.

What is Urinary Incontinence? Urinary incontinence — the loss of bladder control — is a common and often embarrassing problem. The severity ranges from occasional leaking when you cough or sneeze to a sudden and strong urge to urinate, so strong that you wish you were an Olympic sprinter so that you can make it to the restroom on time. Though it occurs more often as people get older, urinary incontinence isn't an inevitable consequence of aging.

The powers that be have determined that there are three Primary Types of Urinary Incontinence (leakage)

1. Stress Urinary Incontinence (SUI). Leakage caused by pressure or stress on the bladder such as in the case of coughing, sneezing, laughing, having sex, lifting something heavy, standing, getting in or out of a car or even exercise.
2. Urge Incontinence / Overactive Bladder (OAB). Leakage caused by a **frequent** (more than 8 X per day or more than once at night) and **urgency** (a strong and sudden desire to empty your bladder). Also called "spastic bladder".
3. Mixed Incontinence (Stress & Urge). This occurs when symptoms of both stress and urgency types of incontinence are present.

A little anatomy and physiology; the kidneys produce the urine and send it to the bladder. The bladder has two functions. The first is to store urine produced by the kidneys and the second is to contract and push the urine through the urethra. The **bladder expands** to hold the urine while the **sphincter muscle** acts as a spigot and **controls the flow of urine**. As soon as your bladder gets approximately half full—most people can handle about 2 cups of urine—your brain is signaled that you need to empty it. **The nervous system** detects when the bladder is ready to be emptied and **tells the sphincter to relax**, allowing you to urinate.



The bladder contracts while the sphincter relaxes. When there is a **problem along this system, incontinence occurs**.

Leakage may include just a small drop or two of urine or even a whole stream. Any amount is unwanted, so don't dismiss your concerns simply because your leakage doesn't seem as bad as it might otherwise be.

Key points: 1. The bladder expands, the sphincter muscle is in control

2. The **nervous system** controls the tone of the sphincter muscle.

3. Subluxations (nerve interferences) to the sphincter muscle may cause weakness of this muscle.

There you have it, it's as simple as 1, 2, 3, If the messages don't get to the sphincter causing it to be too weak, incontinence occurs. Oftentimes, It doesn't have to do with age or multiple pregnancies.

Case example: *I was experiencing urinary incontinence that had become uncomfortable and inconvenient. When I spoke with my TLC Chiropractor, he explained the cause and how to correct it without medication or surgery, which I preferred. The improvement was almost immediate and I quickly regained bladder control. He continues to check in on my weekly visits and everything remains great. I'm grateful for his care and the significant improvement in my quality of life. Thank you again, TLC. You truly have improved the quality of my life ...and I am so grateful.*
Diane

I would saturate 8 depends per day due to severe incontinence. As a result of receiving chiropractic adjustments my problem is almost completely gone with only an occasional very, very mild incident which is hardly noticeable.
Trudy