

HEALTH TIP

3 SURPRISING WAYS TO LOVE YOUR BLADDER

Hydration and regular bathroom use are some common ways to help maintain bladder health but these three others might surprise you:



Don't smoke. Cigarette smoking is a known bladder irritant, which could ultimately cause symptoms of overactive bladder (OAB).



Avoid becoming constipated. A bowel that is too full can place pressure on the bladder, which can lead to bladder control and urinary continence issues.



Exercise your pelvic floor. These exercises can strengthen the muscles beneath the bladder and other urologic organs, which can help people maintain bladder control.