

Tips For Keeping Your Uterine / Cervical Healthy

- **Pelvic Floor Exercises (Kegel Exercises):** Regularly practice pelvic floor exercises to strengthen the muscles that support the bladder. Contract and relax the pelvic floor muscles several times a day.
- **Maintain a Healthy Weight:** Achieve and maintain a healthy weight to reduce excess pressure on the pelvic floor muscles. Weight management can contribute to symptom improvement.
- **Stay Hydrated:** Maintain adequate hydration, but avoid excessive fluid intake, especially before activities that trigger symptoms. Proper hydration is essential for overall health.
- **Avoid Bladder Irritants:** Identify and limit the consumption of bladder irritants, such as caffeine, alcohol, spicy foods, and acidic beverages, which can exacerbate symptoms.
- **Manage Chronic Cough:** If you have a chronic cough, such as from smoking, seek medical assistance to manage the cough. Persistent coughing can contribute to increased pressure on the bladder.
- **Scheduled Bathroom Breaks:** Establish a regular schedule for bathroom breaks, even if you don't feel an urgent need to urinate. This can help prevent situations where the bladder is overly full.
- **Double Voiding:** Practice double voiding, which involves urinating, waiting a few moments, and then attempting to empty the bladder further. This can help minimize residual urine.
- **Use Pads or Liners:** Consider using absorbent pads or liners to manage and provide protection against leakage during activities that trigger stress incontinence.
- **Pessaries:** In consultation with a healthcare provider, consider the use of a pessary—a device inserted into the vagina—to support the bladder and reduce symptoms.
- **Physical Therapy:** Consult with a pelvic floor physical therapist who can provide specialized exercises and techniques to strengthen and coordinate pelvic floor muscles.

- **Bladder Training:** Gradually increase the time between bathroom visits to train the bladder to hold larger volumes of urine. This can help improve bladder control.
- **Behavioral Therapy:** Engage in behavioral therapy to identify and modify habits that may contribute to stress urinary incontinence. This can include fluid management and timed voiding.
- **Biofeedback:** Biofeedback involves using sensors to provide information about bodily functions. It can be helpful in improving awareness and control of pelvic floor muscles.
- **Seek Professional Guidance:** Consult with a healthcare provider, urologist, or urogynecologist for a comprehensive evaluation and to discuss appropriate treatment options tailored to your specific situation.