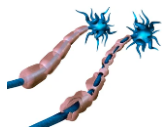




Need a Gladder Bladder?

A [recent study](#) found that almost 80 percent of people with MS experience bladder dysfunction.



Bladder issues in MS happen when nerve signals to the bladder and urinary sphincter are blocked or delayed because of MS lesions in the brain and/or spinal cord.

Not all bladder issues are caused by nerve damage. Other causes include urinary tract infections, enlarged prostate in men, pregnancy and childbirth in women, abdominal surgery, and caffeine and alcohol consumption.



Here are some suggestions that may help!

Lifestyle Changes



Keep a diary of diet, medications and any trouble with bathroom trips



Stay well hydrated



Maintain a healthy weight and avoid constipation



Stop smoking



Limit caffeine, alcohol, fizzy drinks, spicy food and citrus fruit/juices



When out and about, use [protection](#) and wear easily removable clothes

Treatments



[Bladder training](#) helps to regain control over urination



[Pelvic floor exercises](#) strengthen the muscles that support the bladder



Different types of [catheter](#) can be used for varying periods of time



[Research](#) shows that nerve stimulation is effective for symptoms of overactive bladder



[Medications](#) are available to address specific bladder problems



[Surgery](#) is a last resort for bladder dysfunction that does not respond to other treatments