

# Take Back Control of Your Incontinence

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2024 Ultimate Home Incontinence Treatment  
Guide and New Trends

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By The Regenerative Medicine Doctors

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## **Questions or Concerns?**

Contact us for assistance and to speak with a medical doctor about your health concerns close to home.

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## CHAPTER ONE

# Take Back Control of Your Incontinence



**A**re you tired of feeling like your incontinence is controlling your life? It's time to take back control and find the ultimate home treatment solutions for 2024. In this patient guide, we'll explore the latest trends and techniques for managing incontinence - from the comfort and privacy of your own home to the confidential clinic experience with new incontinence treatments that are drug free, surgery free, and pain free. Say goodbye to embarrassing leaks and hello to a confident, empowered you!

### **What is Incontinence?**

It must just be you, right? No way! Urinary incontinence is actually a lot more common than you might think.

Estimates suggest that somewhere between *a quarter and a third of both men and women in the United States* experience it [Urology Care Foundation, 2024]. That translates to millions of Americans.

Incontinence is a common condition in which an individual experiences involuntary leakage of urine or feces. It can occur in people of all ages and genders, but it is more prevalent in older adults and women. Incontinence can range from occasional leaks to a complete loss of bladder or bowel control.

It's also important to note that urgency incontinence, one of the six types of incontinence related to overactive bladder, affects a significant portion of the population as well, with over *30% of*

women and 40% of men in the US experiencing it [Urology Care Foundation, 2024].

There are several types of incontinence, each with its own causes and symptoms. The most common types include:

1. Stress incontinence
2. Urge incontinence
3. Overflow incontinence
4. Functional incontinence
5. Mixed incontinence
6. Complete incontinence

Here's what you need to know about these six types of incontinence.

**Stress Incontinence** occurs when the muscles that control urine flow weaken, usually as a result of childbirth, pregnancy, menopause, or prostate surgery. This type of incontinence is often triggered by activities such as coughing, sneezing, laughing, or lifting heavy objects.

**Urge Incontinence** is caused by overactive bladder muscles that contract too frequently or at inappropriate times. This leads to a sudden and intense urge to urinate even when the bladder is not full.

**Overflow Incontinence** happens when the bladder does not empty completely during urination due to obstruction or weakened bladder muscles. As a result, the bladder constantly overflows with small amounts of urine.

**Functional Incontinence** occurs when physical limitations prevent an individual from reaching the bathroom on time. It can be caused by conditions like arthritis or dementia.

**Mixed Incontinence** involves having two types of urinary problems at once - usually stress and urge inconveniences simultaneously.

**Total Incontinence** means no voluntary control over your urinary system due to nerve damage from injuries to the brain's spinal cord region affecting functions like bowel movements and fluid retention.

Incontinence is a common issue that affects millions of individuals around the world. It is defined as the involuntary loss of urine or feces and can be caused by various factors such as age, medical conditions, and lifestyle habits.

While it may feel embarrassing to talk about, it's important to understand that incontinence is not something to be ashamed of and there are many effective home treatment options available.

**Questions about your incontinence diagnosis? Need a care plan that works?**

*Contact the doctor today to setup a confidential complimentary consultation near you.*

**Call** (347) 621-3688

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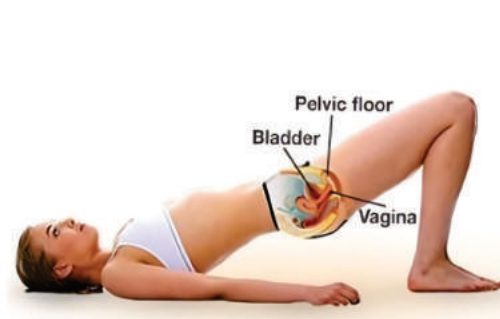
## CHAPTER TWO

# Home Treatment Options for Incontinence



While it may feel embarrassing to talk about, it's important to understand that incontinence is not something to be ashamed of and there are many effective ways to manage the symptoms from the comfort and privacy of home. This chapter will offer American doctors 2024 top recommended home treatments for incontinence.

We are thrilled to delve into this topic because it signifies progress and empowerment for anyone who is struggling with this issue. It's important that you know there are concrete solutions out there that can help improve your quality of life, restore confidence, and get back to living your life on your own terms.





### **1. Kegel Exercises:**

One of the most recommended home treatments for incontinence is performing Kegel exercises regularly. These exercises target the muscles responsible for controlling urination and fecal release. To do this exercise, simply squeeze your pelvic floor muscles (the ones you use to stop urinating midstream) and hold for 3-5 seconds before releasing. Repeat this 10-15 times, at least 3 times a day.

### **2. Bladder Training:**

Bladder training involves gradually increasing the time between bathroom visits to help train your bladder to hold more urine. Start by going to the bathroom at scheduled intervals (e.g., every hour) and then gradually increase the time between visits by 15 minutes each week until you reach your desired frequency.

### **3. Diet Changes:**

Certain foods and drinks can irritate the bladder or act as diuretics, increasing urine production and making incontinence worse. Avoiding or limiting caffeine, alcohol, acidic foods like citrus fruits, spicy foods, artificial sweeteners, and carbonated drinks can help manage urinary incontinence symptoms.

### **4. Timed Voiding:**

Timed voiding involves setting a schedule for using the bathroom instead of waiting for urges or leaks to occur. This technique helps prevent accidents by emptying your bladder before it becomes too full.

## **5. Biofeedback:**

Biofeedback therapy uses sensors placed on specific muscle groups involved in controlling urination to provide feedback when these muscles are being used correctly during exercises like Kegels.

## **6. Pelvic Floor Muscle Stimulation:**

This therapy involves using electrical stimulation to strengthen the pelvic floor muscles. It can be done at home with a specialized device or under the guidance of a healthcare professional.

## **7. Absorbent Products:**

If you experience incontinence, using absorbent products like pads, liners, and diapers can help manage leaks and make you feel more confident leaving your home.

It's important to note that any home treatments may take time to show results and it's crucial to stay consistent with them long term. Additionally, if symptoms persist or worsen despite trying these methods, it's best to consult with a healthcare professional for further evaluation and treatment options.

With the advancements in technology and research, we can look forward to learning about new cutting-edge methods that will revolutionize how we approach and manage incontinence.

*To learn more about advancements in treatment technology and research, jump ahead to **chapter eight**.*

Remember, with patience and determination, incontinence can be successfully managed at home.

## CHAPTER THREE

# Bladder Training Techniques 101



**B**ladder training is a widely used technique for managing incontinence. It involves retraining the bladder to hold urine for longer periods of time, thereby reducing the frequency of bathroom visits and leakage episodes. This technique can be highly effective for individuals experiencing urge or stress incontinence.

The first step in bladder training is to create a schedule for emptying the bladder. This means going to the bathroom at set intervals, such as every two hours, regardless of whether you feel the need to go or not. This helps to condition your bladder to hold more urine and reduce sudden urges.

It is important to gradually increase the time between bathroom breaks as your bladder capacity improves. Start by adding 15 minutes to your scheduled bathroom breaks every few days until you reach a comfortable interval that suits your needs.

Another key aspect of bladder training is practicing pelvic floor exercises. These exercises involve contracting and relaxing the muscles that support the bladder and urethra, helping improve their strength and control over urinary function. Pelvic floor exercises can also be done throughout the day, even when not on a bathroom break.

In addition to scheduled bathroom breaks and pelvic floor exercises, it is crucial to pay attention to any signals from your body indicating that you need to urinate. Often times, individuals with

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incontinence ignore these signals due to fear of leakage or embarrassment. However, it is important to listen to your body's cues and use relaxation techniques (e.g. deep breathing) during moments of urgency instead of rushing straight to the restroom.

Bladder training can also involve lifestyle changes such as limiting caffeine and alcohol consumption which can irritate the bladder and increase urgency; maintaining a healthy weight which reduces pressure on the bladder; and quitting smoking which can contribute to urinary incontinence.

It may take several weeks before noticeable improvements are seen with bladder training techniques. It requires patience, consistency, and dedication but has been proven effective in managing symptoms of incontinence. It is important to keep track of your progress and make adjustments to your schedule as needed.

Bladder training techniques can be a highly effective non-invasive method for managing incontinence at home. With proper guidance and consistency, individuals can take control of their bladder function and improve their quality of life. Remember to consult with a healthcare professional before starting any new treatment plan for incontinence.

# CHAPTER FOUR

## Dietary Changes



One of the most effective ways to manage and improve incontinence is through dietary changes. What we eat can greatly impact our bladder health and control, making it an important aspect to consider in managing this condition.

Firstly, it is crucial to maintain a healthy weight. Being overweight or obese can put added pressure on the bladder and pelvic muscles, leading to leaks and accidents. Aim for a well-balanced diet that includes plenty of fruits, vegetables, whole grains,

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and lean proteins while limiting processed foods high in sugar and unhealthy fats.

In addition to maintaining a healthy weight, there are certain foods that can irritate the bladder and worsen symptoms of incontinence. These include caffeine, alcohol, spicy foods, acidic foods such as citrus fruits and juices, carbonated drinks, and artificial sweeteners. It may be helpful to keep a food diary to track which foods trigger your symptoms so you can avoid them in the future.

On the other hand, there are also foods that have been shown to help improve bladder control. Cranberry juice has long been known for its ability to prevent urinary tract infections (UTIs) which can contribute to urinary incontinence. Blueberries also contain similar compounds that may help prevent UTIs. Additionally, incorporating probiotic-rich foods into your diet such as yogurt or kefir can promote gut health which has been linked to better overall bladder function.

Another important aspect when it comes to dietary changes for incontinence is increasing fiber intake. Constipation can put pressure on the bladder and pelvic floor muscles which can lead to accidents or leakage. A diet high in fiber helps promote regular bowel movements and decreases straining during bowel movements.

Staying hydrated is essential for good bladder function. Many people with incontinence tend to limit their fluid intake out of fear of leaks but this can actually make symptoms worse by causing concentrated urine which irritates the lining of the bladder. It is

recommended to drink at least 8 glasses of water a day and avoid excessive amounts of fluids before bedtime.

Making dietary changes is an important part of managing incontinence and improving bladder control. By maintaining a healthy weight, avoiding trigger foods, incorporating beneficial foods, increasing fiber intake, and staying hydrated, you can take control of your bladder health and reduce symptoms of incontinence.

## CHAPTER FIVE

# Pelvic Floor Exercises



## Pelvic Floor Exercises To Strengthen And Tone Your Muscles for Total Bladder Control

Pelvic floor exercises, also known as **Kegel** exercises, are a crucial element in managing and improving symptoms of incontinence at home. These exercises target the pelvic floor muscles, which support the bladder, urethra, uterus, and rectum. Weakness in these muscles can lead to urine leakage and loss of bladder control.

The good news is that pelvic floor exercises are simple to do and can be done anywhere without any equipment. They involve contracting and relaxing the muscles that you would use to stop urination mid-stream or hold in gas. Regularly doing these exercises can help strengthen these muscles over time, leading to better bladder control.

How to properly do pelvic floor exercises:

1. Identify your pelvic floor muscles by trying to stop urination midstream or holding in gas.
2. Lie on your back with your knees bent or sit comfortably with your feet flat on the ground.
3. Tighten your pelvic floor muscles by squeezing them for 3-5 seconds.
4. Relax for 3-5 seconds before repeating.



5. Aim for 10 repetitions, three times a day.

It may take some practice to fully engage the correct muscles, so don't get discouraged if you're not feeling it right away! It's important not to contract other muscles such as your abdomen or thighs while doing these exercises.

Another essential aspect of performing pelvic floor exercises correctly is maintaining proper **breathing patterns** during each repetition. Make sure to inhale deeply before squeezing your pelvic floor muscles and exhale as you relax them.

As you continue with regular practice, try holding each contraction for longer periods (up to 10 seconds) or increasing the number of repetitions per session gradually.

In addition to strengthening the pelvic floor muscles directly related to urinary control, studies have shown that incorporating core stability training into your exercise routine can also improve bladder control. This type of training focuses on strengthening the muscles in your abdomen, back, and hips, which support your pelvic floor muscles and contribute to overall core strength.

Incorporating pelvic floor exercises and core stability training into your daily routine can lead to significant improvements in managing incontinence symptoms. However, it's important to consult with a healthcare professional before starting any new exercise regimen, especially if you have underlying medical conditions. With consistency and dedication, these simple exercises can help you take control of your bladder health and improve your quality of life.

## CHAPTER SIX

# Herbal Supplements



**W**hile there are various medical treatments available, many are now exploring natural incontinence remedies such as herbal supplements for relief. These supplements are derived from plants and have been used for centuries in traditional medicine for their potential therapeutic properties.

One of the most popular herbal supplements used for treating incontinence is **pumpkin seed extract**. This supplement is rich in essential fatty acids and antioxidants, which are believed to help strengthen the muscles of the bladder and improve its function. Studies have shown that regular use of pumpkin seed extract can significantly reduce urinary frequency and urgency in individuals with overactive bladder (OAB).

Another commonly used herbal supplement is **cranberry extract**. Cranberries contain compounds called proanthocyanidins, which may prevent bacteria from attaching to the walls of the urinary tract, thus reducing the risk of infections that can contribute to incontinence symptoms. While more research is needed on its effectiveness specifically for incontinence treatment, cranberry extract has been found to be beneficial for overall urinary health.

**Saw palmetto** is yet another popular herbal supplement known for its ability to support prostate health in men. It contains fatty acids that may help improve bladder muscle control and reduce

inflammation, making it a promising option for managing symptoms related to an enlarged prostate or OAB.

Additionally, some herbs like **horsetail** and **buchu** have diuretic properties that can increase urine production and help flush out toxins from the body, potentially reducing symptoms of stress or urge incontinence. However, these herbs should be used with caution as they may also cause dehydration if not taken properly.

Herbal supplements can offer a natural and potentially effective approach to managing incontinence. However, it's important to choose reputable brands and consult with your doctor before incorporating them into your treatment plan. With the right combination of lifestyle changes, medication, and herbal supplements, you can take control of your incontinence and improve your quality of life.

It's worth noting that while herbal supplements can offer natural relief from incontinence symptoms, they should not replace prescribed medication or doctor-recommended treatment plans. It's crucial to talk to your healthcare provider before starting any new supplement regimen as they can interact with other medications and may not be suitable for everyone.

## CHAPTER SEVEN

# Tips for Managing and Coping with Incontinence at Home



Incontinence is common, but it can be especially challenging to manage and cope with at home and around your family. In this section, we will discuss some helpful tips for managing and coping with incontinence in the comfort of your own home.

### 1. Practice Good Hygiene Habits

Maintaining good hygiene habits is essential when dealing with incontinence. It's crucial to keep the affected area clean and dry to prevent skin irritation or infection. Be sure to wash your hands before and after changing pads or underwear, and use gentle, fragrance-free soap to cleanse the area. Pat the skin dry instead of rubbing it, as friction can cause further irritation.

### 2. Keep Supplies Handy

Having a designated area for storing incontinence supplies such as pads, diapers, wipes, and disposable gloves can make managing the condition easier. Consider having a portable toiletry bag containing these items when going out for extended periods.

### 3. Use Protective Bedding

Accidents can happen during sleep, so investing in waterproof bedding or mattress protectors can save you from constantly having

to change sheets. These are also available for chairs and couches if needed.

#### **4. Make Bathroom Access Easier**

If you or your loved one has mobility issues that make getting to the bathroom difficult, consider installing grab bars near the toilet or using a bedside commode for convenience.

#### **5. Stay Hydrated**

It may seem counterintuitive to drink more water when struggling with incontinence, but staying hydrated is vital for overall bladder health. Aim for 6-8 glasses of water per day unless otherwise advised by your doctor.

#### **6. Try Pelvic Floor Exercises**

Pelvic floor muscles play an essential role in controlling bladder function; therefore exercising them regularly can help improve bladder control over time. Kegel exercises involve contracting and relaxing these muscles repeatedly throughout the day.

#### **7. Demand Emotional Support**

In addition to the physical challenges, incontinence can also have a significant impact on one's emotional well-being. It's essential to seek emotional support from friends, family, or a counselor to cope with any feelings of shame, embarrassment, or frustration that may arise.

Managing and coping with incontinence at home requires patience, diligence, and proper self-care. By following these tips and incorporating them into your daily routine, you can take control of

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your incontinence and improve your quality of life. Remember to always consult with a healthcare professional for individualized advice and treatment options.

If you are concerned about urinary incontinence, you should definitely talk to a doctor to help diagnose the type you have and recommend treatment options.

## CHAPTER EIGHT

# New Incontinence Treatment Trends In 2024



Are you ready to learn about what new incontinence treatment options are in store for 2024 and the latest research on managing urinary incontinence?

One exciting development is the Emsella device, a non-invasive treatment that utilizes high-intensity focused electromagnetic (HIFEM) energy to stimulate and strengthen the pelvic floor muscles. This innovative technology offers a promising alternative for individuals seeking relief from urinary incontinence without the need for surgery or medication. With its targeted approach, the Emsella device provides a safe and effective solution for improving bladder control and enhancing quality of life. Stay tuned as we delve deeper into how this cutting-edge therapy can revolutionize the field of urology and transform patient care.

### **How Emsella Works**

Emsella is a non-invasive treatment that uses high-intensity focused electromagnetic (HIFEM) energy to stimulate and strengthen the pelvic floor muscles- the muscles responsible for bladder control. When the pelvic floor muscles are weak, they can lead to incontinence.

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*Pictured here is an anatomy graphic depicting the pelvic floor muscles.*

Emsella treatments are typically done in a doctor's office. You will sit on a chair that is designed to deliver the HIFEM energy to your pelvic floor muscles. The treatment lasts about 30 minutes, and you will need to undergo a series of treatments, typically twice a week for six weeks.





*Pictured here, the BTL Emsella Chair is an incontinence treatment medical device.*

Emsella is a safe and effective treatment for incontinence. Studies have shown that it can improve incontinence symptoms in up to 90% of people.

#### Emsella Chair Benefits

**Here are some of the benefits of Emsella treatment:**

- **Non-invasive:** There are no needles or surgery involved.
- **Painless:** Most people experience only mild tingling or cramping during treatment.

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- **No downtime:** You can resume your normal activities immediately after treatment.
- **Effective:** Emsella has been shown to be effective in improving incontinence symptoms.
- **Confidential:** Emsella treatments are done with your clothes on in a doctors office near you.

If you are considering Emsella treatment for your condition, it is important to talk to a doctor to see if it is right for you. Emsella is not covered by insurance, but you can pay for the treatment with an HSA or FSA account, or discuss the healthcare financing options available for out of pocket expenses. The cost of Emsella treatment can vary depending on your location and the number of treatments you need.

*Learn more about EmSella online by visiting <https://bodybybtl.com/solutions/btl-emsella/>*

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