

BOWEL FUNCTION	BLADDER FUNCTION	
<p>CONSTIPATION: THE MOST COMMON BOWEL ISSUE</p>	<p>OVERACTIVE BLADDER</p>	<p>IMPACT ON DAILY LIFE</p>
<p>Symptoms</p> <ul style="list-style-type: none"> • Stool that is hard, dry <p>Possible causes</p> <ul style="list-style-type: none"> • Inadequate fiber/fluids • Reduced mobility • Weakened abdominal muscles • Depression • Certain medications (e.g, antidepressants, diuretics, calcium supplements) <p>Behavioral Interventions</p> <ul style="list-style-type: none"> • Get bladder issues under control first • Drink lots of fluids • Increase fiber intake • Move more • Aim for a regular time: 30 min. after a meal <p>Treatment</p> <ul style="list-style-type: none"> • Bulk-forming supplements • Avoid prolonged use of laxatives 	<p>Symptoms</p> <ul style="list-style-type: none"> • Urgency • Frequency • Urination at night • Leakage/incontinence <p>Behavioral interventions</p> <ul style="list-style-type: none"> • Drink fluids • Limit caffeine/alcohol • Urinate every 2 hours • Do Kegel exercises • Restrict fluids: after dinner and 2 hours before activities without bathrooms <p>Treatment</p> <ul style="list-style-type: none"> • Oral medication • Botox injections • Pelvic Floor PT 	<p>Physical</p> <ul style="list-style-type: none"> • Affects mobility • Worsens spasticity • Increases fall risk • Increases discomfort • Risk of infection with underactive bladder <p>Emotional</p> <ul style="list-style-type: none"> • Loss of self-confidence • Feeling out of control • Anxiety • Embarrassment <p>Social</p> <ul style="list-style-type: none"> • Isolation • Fear of going out • Need for planning and preparation <p>Relationships</p> <ul style="list-style-type: none"> • Impact on intimacy • Need for support partner assistance • Planning around bathroom stops
<p>DIARRHEA</p>	<p>UNDERACTIVE BLADDER</p>	
<p>Possible causes</p> <ul style="list-style-type: none"> • Impaction of stool caused by constipation can block the colon; liquid stool can then leak around the impaction • Overactive bowel <p>Behavioral Interventions</p> <ul style="list-style-type: none"> • Effective management of constipation <p>Treatment</p> <ul style="list-style-type: none"> • Medication for overactive bowel 	<p>Symptoms</p> <ul style="list-style-type: none"> • Urgency • Dribbling • Hesitancy • Incontinence <p>Treatment</p> <ul style="list-style-type: none"> • Intermittent self- catheterization <p>Behavioral Interventions</p> <ul style="list-style-type: none"> • Limit citrus juices • Take cranberry tablets or juice 	

TIPS

These symptoms can have a significant impact on your quality of life – so advocate for your care and comfort! Use our Conversation Starters to help you talk with healthcare providers & other important people in your life about these issues.

Women may not be sure whether these problems are related to age, pregnancy, menopause. or MS. Regardless of the cause, you can get help to feel and function better.