

## Urinary Incontinence and Overactive Bladder: The Silent Conditions

Even though we are all comfortable talking about cardiovascular issues, mind and brain function, and digestive wellness, the topic of bladder health is rarely discussed. Whether it is vaguely touched upon or completely ignored, bladder issues including urinary incontinence and overactive bladder get a low amount of coverage considering their prevalence throughout the world. Research has shown that 17 million Americans can be diagnosed with urinary incontinence and 33 million Americans suffer from overactive bladder. So with these figures, why is it that we rarely hear about these issues? Firstly, urinary incontinence and overactive bladder have been marked as taboo topics, as sufferers are not eager to openly talk about their experiences since they can be uncomfortable and embarrassing to discuss.

Due to the social stigma that is associated with urinary incontinence, it is extremely under-diagnosed and under-reported. Another reason why people aren't talking about bladder issues is because the market has only recently become recognized as financially viable as the market for urinary incontinence treatment reached more than \$7 billion by the end of 2006, as compared to \$276 million in 2000. With the new baby boomer population turning 60 in a few years, it is anticipated that urinary incontinence and overactive bladder treatment will soar much higher.

No matter the reason, these are serious health issues that affect people deeply. Both physiological and psychological aspects take their toll on a person. Studies have shown that people with these illnesses have a poorer quality of life, causing sufferers to become reclusive and isolated as they are too embarrassed to talk about their bladder issues.

However, there are a variety of ways that bladder health can be addressed, including pharmaceutical, behavioral, and natural approaches. Various drug therapies have been found to improve bladder control. However, most drug therapies also have unpleasant side effects such as dry mouth, dry eyes, blurred vision, and memory loss. Some drugs can even produce harmful long-term side effects. National continence groups also have recommendations as to behavioral interventions and exercises that can be taken to deal with bladder issues. Bladder control training, which involves teaching the bladder to completely fill and empty, is important to adequate fluids and avoid going to the toilet just in case. Kegal exercises can also be done to help strengthen the muscles that contract if you are urinating.

There are also natural herbal and nutrient options that are worth considering. These include Horsetail and Crateva nurvala, which both are means of improving bladder tone and control. Horsetail, which is high in silica, is known as a urinary astringent and antispasmodic. It relieves involuntary muscle spasms. Crateva has been shown to improve bladder tone and total bladder capacity. It improves urine flow, which helps the bladder to empty completely.

Since bladder health is a concern for many Americans, as it impacts what we do, where we go, our confidence levels, and sense of freedom, we need to start openly discussing bladder health and become more informed about the options that are available to us. Even though sufferers have learned to live with poor bladder health, recent research is making natural dietary ingredients an alternative for those who are looking for support to their bladder health.

### About the Author

More information is available on natural [bladder control supplements](#) to boost bladder continence and urine flow is available at VitaNet &reg, LLC Health Food Store. <http://vitanetonline.com/>

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