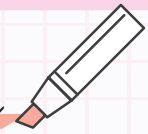


Menopause: Still Fabulous and Charming



Don't Let Urinary Incontinence Steal Your Confidence!

Have you recently noticed that you're going to the bathroom more often? Do you sometimes experience a little bit of urinary incontinence? As we age, we can experience a decrease in bladder control and a weakening of the pelvic muscles. However, there are many ways to improve these symptoms. So why do these changes occur? Let's take a closer look!

Causes



Decline in Female Hormones

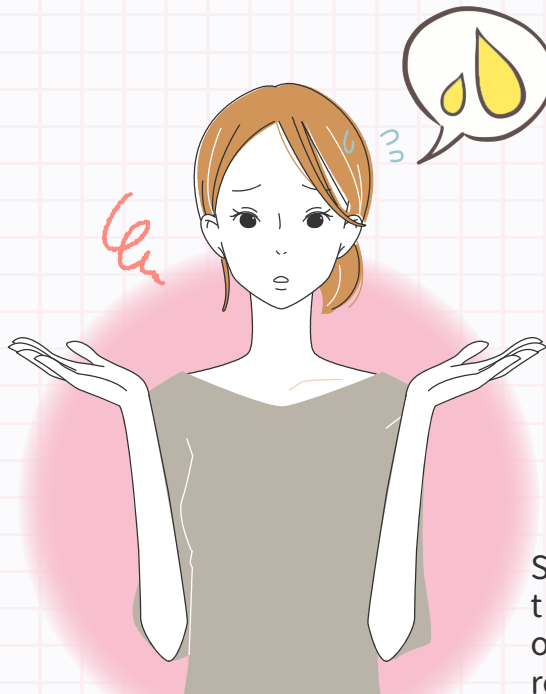
Affect the health of the bladder and urethra.

Weakened Pelvic Floor Muscles

Decreases the ability to control urine.

Decreased Bladder Storage Capacity

Increases the risk of urinary incontinence.



Common Types



Stress Incontinence

Urine involuntarily leaks when coughing, sneezing, laughing, or exercising.

Urgency Incontinence

Sudden strong urges to urinate that are difficult to control, often resulting in leakage before reaching the bathroom.

Mixed Incontinence

A combination of stress incontinence and urgency incontinence symptoms.

Menopause: Continue to Live with Confidence and Joy

Urinary Incontinence Can Be Improved!

As menopause approaches, urinary incontinence becomes a common concern. Daily care, such as strengthening the pelvic floor muscles and reducing caffeine and alcohol intake, can help improve symptoms. If you experience urine leakage when coughing or exercising, it is recommended to consult a urogynecologist for early treatment and regain a confident life!

Self-care tips, you can do it!

• Pelvic Floor Muscle Exercises

Helps improve urinary incontinence.



Pelvic floor exercises



• Reduce Bladder-Stimulating Foods

Reducing excessive caffeine and alcohol intake can help reduce symptoms such as urgency, nocturia, and frequent urination.



• Control Weight

Being overweight increases the risk of urinary incontinence.

• Avoid Lifting Heavy Objects

To reduce pressure on the pelvic floor.

Treatment options, you can do it!

• Medication Treatment

Urgency incontinence can typically be improved through medication and muscle training.

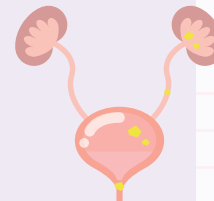


• Surgical Treatment

Stress incontinence may be treated with surgery combined with muscle training.

• Combined Treatment

Mixed incontinence usually requires a comprehensive treatment plan involving medication, surgery, and training.



**Urinary incontinence can be improved; don't ignore signs,
take action now!**