

No laughing matter: the signs of a weak bladder and how to improve it

By *Stephanie Taylor, Managing Director, [Kegel8](#)*

A weak bladder is no laughing matter, it's an unfortunate reality that up to [50 percent of women](#) will experience urinary incontinence at some point in their life. Contrary to popular belief, it isn't just an "old ladies' problem".

However, despite this fact, it remains a silent issue rarely discussed or reported to doctors. Without correct diagnosis and treatment, a weak bladder can cause discomfort, embarrassment and impact on your quality of life.

Ahead of [World Continence Week](#) (17th-23rd June), Stephanie Taylor, pelvic health expert and Managing Director of Kegel8, lifts the lid on bladder weakness and offers simple tips to overcome it.

What are the signs?

Women with a weak bladder might not be aware this is behind the symptoms they are suffering from. This isn't a topic many discuss openly, but with more awareness of the issue as a result of campaigns such as World Continence Week, we can all help to normalise it. Doing so will encourage women to seek the help they deserve.

So, what are the signs of a weak bladder? Well, everyday activities can trigger leaking, such as lifting, bending, coughing or exercising. And yes, even laughing. When it's your time to go, it'll be a sudden urge that's difficult to control. You might urinate eight or more times in 24 hours or wet your bed during the night.

Why me?

You might be wondering why me? No one deserves to have a weak bladder or experience urinary incontinence, but rest assured you aren't the only one.

There is a whole list of factors that can contribute to experiencing urinary incontinence including:

- *Ageing*: our bladder muscles weaken and its capacity reduces as we get older. Going through the menopause or having a hysterectomy can also play a role too.
- *Diuretics*: consuming too much tea, coffee or alcohol can increase the amount you need to go to the toilet, as can some types of antidepressants and blood pressure medication.
- *Pregnancy and childbirth*: carrying a child to full term and giving birth can put extreme pressure on your pelvic floor and bladder, weakening the muscles and in some instances cause nerve damage.
- *Obesity*: being severely overweight can put undue pressure on the bladder, pushing urine against the bladder walls and weakening them

Getting to know your pelvic floor

If you suffer from stress (when urine leaks when you laugh or cough) or urge incontinence (when you feel a sudden intense urge to pee), your pelvic floor may be to blame.

A group of muscles running from your pubic bone to your tailbone, your pelvic floor holds your pelvic organs in place, including your bladder. You can feel your pelvic floor muscles if you try to stop mid-flow when you go to the toilet.

When these muscles are weakened, your internal organs are no longer fully supported, and you may find it difficult or aren't able to control your urine, faeces or wind.

Turning weakness into strength

It is possible to live an active, normal life if you act now. [Manual Kegel exercises](#) are a great place to start, but the average person is only able to exercise 40 percent of their pelvic floor muscles this way.

The next step up and the solution experts recommend is an electronic pelvic toner. This device sends small, painless electrical currents directly to these muscles, contracting and releasing them for you to reach 90 percent of your pelvic floor muscles. This nifty gadget can also improve your intimate sensation, prevent prolapse and give you a flatter tummy too.

In addition to your pelvic floor exercises, try to stay clear of diuretics like caffeinated and alcoholic drinks. Think about your posture too as bad posture like slouching at a desk can weaken your pelvic floor over time. When you sit or stand properly, your core muscles become activated and are better prepared to support your pelvic floor. You'll also look a lot better and reduce back pain!

Press enquiries

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About Kegel8

Kegel8 is one of the UK's leading pelvic healthcare companies. Its range of electronic pelvic toners offer women and men the chance to regain control of their pelvic floor from the comfort of their own home and in their own time. For over 13 years, Kegel8 has been the top choice for men and women who suffer from pelvic problems. Owned and managed by Stephanie Taylor, the company employs 40 people and is based in Hull, East Yorkshire.

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