

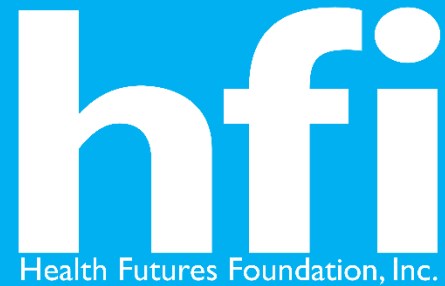
# OVERACTIVE BLADDER

## Supportive Management

- Have just adequate fluid intake (around 2 liters a day or 8 glasses of water a day) enough to produce light yellow - colorless urine.
  - Spread out fluid intake throughout the day, sipping water between meals.
  - Fill cup or glass half-way or use a smaller cup.
  - Sip, don't gulp.
- Limit intake of bladder irritants and diuretics such as coffee, tea, alcohol, carbonated drinks, citrus fruits, tomato-based products, spicy foods, chocolate, and artificial sweeteners.
- Perform bladder training.
  - Determine the typical time interval between urinations.
  - Add about 15 minutes to that time interval (set interval).
  - After urination, don't void again until the set time interval is reached. Do Kegel exercises or simply wait if the urge to urinate appears before reaching the set time interval.
  - Gradually increase set interval by 15 minutes.
- Perform Kegel exercises between 30-80 times daily for about 8 weeks.
  - Identify the muscles used to stop urinating.
  - Tighten pelvic floor muscles, hold the contraction for 5 seconds, and then relax for 5 seconds.
  - Gradually aim to keep muscles contracted for 10 seconds at a time, and relaxing for 10 seconds between contractions.

## Herbal Medicine

- **Decoction of Corn Hair**
  - Boil 7-15 tablespoons of chopped corn hair in 6 glasses of water. Take in 2 divided doses daily.
- **Pumpkin Seeds or Pumpkin Seed Oil Extract**
  - Eat a handful of pumpkin seeds 3 times a week.
  - Take 10g of pumpkin seed oil extract daily (for 6-12 weeks for noticeable results).



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POSSIBLE

# OVERACTIVE BLADDER

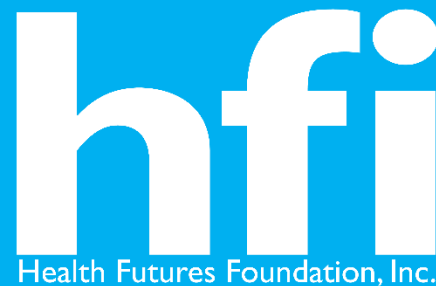
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## Other Complementary and Alternative Therapy

- **Acupuncture**

- This should be done under the guidance of a trained acupuncture practitioner.
  - It involves stimulation of the sacral vertebra through inserting fine needles in a specific acupuncture point in the body. This results in reduction of overactive bladder symptoms such as urge and stress incontinence.
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**Consult doctor for appropriate diagnosis and management of the condition.**



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