

OTHER RECOMMENDATIONS TO HELP YOUR BLADDER

- Lose weight. Losing just 5–10 pounds will make a big difference in the pressure your bladder feels when standing.
- Get some exercise. Try to walk at least 30 minutes a day.
- Drink water when thirsty, but restrict fluids near bedtime.
- Limit beverage intake before leaving the house.
- Time your voids. Urinate every 2–4 hours to keep your bladder from getting too full.
- Keep track of the foods you eat to help identify which foods trigger your bladder symptoms.
- Stop smoking. Nicotine irritates the lining of the bladder and increases the sense of needing to urgently urinate. Smoking also increases your risk for bladder cancer as you get older.
- Eat as much fresh food as you can. Preservatives can make your symptoms worse. This includes foods containing nitrates or nitrites.
- Avoid any medications that contain caffeine, ephedrine, or pseudoephedrine.
- Ask your healthcare provider to assess you for a weak pelvic floor as you may be a candidate for surgery or pelvic floor physical therapy.
- Our Kegel Chair may be a good substitute for pelvic floor physical therapy.
- Ask your healthcare provider about vaginal rejuvenation to help relieve your urinary symptoms.

ABOUT DR. SHEHATA

Led by Dr. Hannah Shehata, MHA provides top-tier medical care for women. Our office specializes in gynecologic care for women ages 35–70 years old. Our goal is to help women be the best version of themselves inside and out.

We recognize that female sexual health concerns are often brushed aside, especially as women get older. Therefore, MHA specializes in treating women who are in menopause and/or going through the changes of menopause. Our office offers innovative treatments for urinary leakage, loss of sexual desire, decreased sexual sensitivity, and painful sex. We also offer hormone replacement therapy.



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MHA
MURRIETA HEALTH
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BLADDER DIET



Emphasizing Female Sexual Health

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WHAT IS A BLADDER DIET?

Women who experience a sudden urge to urinate may have an overactive bladder. The urge may be difficult to stop and can lead to the involuntary loss of urine (incontinence).

Women with healthy bladders don't need to worry about eating foods that can be irritating. However, women with an overactive bladder and/or bladder pain need to pay attention to what they eat because certain foods can make these conditions worse.

Certain foods irritate the bladder muscle and lead to a sensation that the bladder is full and needs to be urgently emptied, even if that is not true. Our recommended bladder diet helps you minimize foods and drinks that may make your bladder pain and urinary urgency worse.

THE IMPORTANCE OF WATER

Many women with overactive bladder and/or bladder pain restrict their fluid intake because they worry about their symptoms. Some avoid drinking any fluids all day long. However, this can cause them to become dehydrated, which stops the bladder from expanding and contracting normally and actually makes urinary symptoms worse. It can also worsen pelvic pain by causing constipation.

While there's no universally recommended amount you should drink, most people should aim to drink 60–80 ounces of fluids each day. The goal is to have urine that is a light yellow color most of the time.. You should also aim to have all of your water consumed by dinnertime to prevent urinary urgency and accidents in the middle of the night.

FOODS TO AVOID

- Chicken liver
- Corned beef
- Pickled herring
- Cured meats, such as salami and pepperoni, etc.
- Canned or processed tuna
- Canned or processed crabmeat
- Bacon
- Lunchmeats
- Hot dogs
- Avoid the following dairy products:
 - Yogurt
 - All cheeses
 - Mayonnaise
 - Sour Cream
 - Low fat ice creams
- Sugar and sugar substitutes (Stevia, sucralose, NutraSweet, saccharin, etc.)
- Dark Chocolate
- Sweet juices
- Vinegar
- Pickled foods (pickles, sourkrout, kimchi, etc.)
- Soy products (soy sauce, tofu, veggie patties, etc.)
- Spicy foods of any kind
- Tomatoes, tomato juice, and tomato-based sauces
- Salsa
- Onions
- Avocados
- Anything containing brewer's yeast or yeast extract
- Nuts of any kind
- Fava beans
- Lima beans
- White bread

OTHER THINGS TO AVOID

- Vitamin C and ascorbic acid. This includes food like:
 - Oranges and orange juice
 - Grapefruit
 - Lemons and lemonade
 - Limes
- Vitamin B supplements
- Alcohol of any kind
- Caffeinated beverages of any kind (coffee, tea, energy drinks, etc.)
- Carbonated beverages (soda, carbonated water, etc.)

BENEFICIAL FOODS AND SUPPLEMENTS

- Vitamin A (750–1200 mg daily)
- Magnesium (300 mg daily)
- Zinc (50 mg daily)
- Vitamin D (2000 iu daily)
- Whole wheat grains and unleavened breads
- Oatmeal
- Pumpkin and pumpkin seeds
- Cottage Cheese
- Berries of all types (blueberries, blackberries raspberries, etc.)
- Bananas
- Watermelon
- Pears
- Papaya
- Apricots
- Cranberries and cranberry juice
- Eggs
- Fish and seafood of all types
- Lamb
- Pork
- Poultry
- Most beef
- Uncaffeinated herbal tea
- White chocolate