Helpful Strategies

- Avoid common bladder irritants:
  - Alcoholic or carbonated beverages
  - Coffee and tea (also decaffeinated)
  - Some fruit & sugar
  - Tomatoes and tomato juice
  - For a complete list, ask your provider

- Avoid drinking fluids 2 – 4 hours before bedtime

- Use a daily bladder journal

- Schedule emptying of bladder to avoid leakage or overflow

- Walk, don’t run to the bathroom: train your bladder!

Find a board-certified neurological specialist Physical Therapist:
http://www.abpts.org/findaspecialist

Or visit UCSF Faculty Practice:
Locations in Mission Bay, Mount Zion, Lakeshore
Tel: 415.353.7598
Let’s talk about what you can do about your urinary issues

- Multiple Sclerosis
- Urinary issues
- Social isolation or fear
- Depression
- Nocturia
- Not getting enough sleep
- Quality of life impacted

Start a conversation: Talk to your provider

Ask about Physical Therapy (PT)

Pelvic Floor PT targets urinary issues

Evidence that PT is effective for urinary issues

Improve quality of life, reduce leaks, decrease frequency
Do you have bladder issues?

- **Yes**
  - Leakage? (I NEED)
  - Kegel
  - Learn how to exercise your pelvic floor
  - Can’t go? (I NEED)
  - Relaxation
  - Learn techniques to relax your pelvic floor
  - Can’t make it to the bathroom in time? (I NEED)
  - Behavioral modification
  - Create a plan & learn suggestions

- **No**
  - 80-90% of people with MS will develop bladder problems over the course of the disease
  - See "Helpful Strategies" on back of handout

**Ask your primary care provider for a physical therapy referral.**
Find a PT who is a MCS, MS, or Pelvic Floor Specialist.