



TOP 40 TIPS FOR A LEAK-FREE LIFE

For Bladder Health Awareness month this November, the National Association for Continence has put together our list of the top 40 tips to live a life without leaks. Each item below links to a page at [NAFC.org](https://nafc.org) - click through for more information to become the boss of your bladder!

1. Don't stop drinking water.
2. Limit caffeine and alcohol.
3. Quit smoking.
4. Take a close look at your diet.
5. Keep exercising.
6. Reduce stress to reduce incontinence.
7. Plan ahead, build in extra time.
8. Locate nearby bathrooms.
9. Be sure to get a proper diagnosis.
10. Dress with ease for urgent moments.
11. Don't let leaks impact your sex life or your relationships.
12. Be your own advocate.
13. Don't wait! Untreated incontinence can impact mental health.
14. Don't be afraid - talk with friends and family about it.
15. Track your symptoms and share with your doctor.
16. Find the right doctor - get a referral.
17. Have the difficult conversations with your physician.
18. Don't put off making follow-up doctor appointments.
19. Schedule your bathroom trips - try bladder retraining.
20. Avoiding pushing to pee.
21. Partner with a pelvic floor therapist.
22. Be sure Kegels are right for you.
23. Use apps for Kegel exercises.
24. Consider the benefits of reusable underwear.
25. Find the perfect fit for absorbents.
26. Get home delivery for your incontinence products.
27. See if your insurance covers your supplies.
28. Consider medications to stop bedwetting.
29. Establish a consistent routine for taking medications every day.
30. Consider at-home pelvic floor strengtheners.
31. Talk to your doctor about catheter advancements.
32. Ask about nerve-stimulating therapies.
33. Consider other ways beyond Kegels to strengthen your pelvic floor.
34. Learn about sacral neuromodulation.
35. Ask about advanced therapies when other treatments have failed.
36. Ask about all treatment options.
37. Be open to new therapies.
38. Don't settle - find a treatment that works!
39. Don't let the stigma hold you back from finding relief.
40. Don't let incontinence stop you from living your best life!



TOP 40 TIPS DISCUSSION GUIDE

We all know that the hardest part about getting the help you deserve is asking for it. After all, who wants to talk about something so personal? The good news is that it doesn't have to be a difficult conversation. We've created the following guide so you can get the most out of your next doctor's visit without any embarrassment.

WHAT YOU NEED TO KNOW

1. **Make your doctor do the work** - You don't have to muster up any more courage than to ask one simple question: "Can we talk about bladder control?" That's it. Once you've broken the ice, you'll almost certainly find that your doctor is used to these conversations and will lead the way. If not, see #2 below!
2. **What if I don't feel like I'm being taken seriously?** We can't stress this enough: If your doctor tells you something like "Leaks are normal at your age" or otherwise downplays your concerns, you don't have to accept it. Leaks may happen more frequently at various life stages - for example, during pregnancy, as you get older, or after certain surgeries - but that doesn't mean they can't be treated. That brings us to #3.
3. **Be a self-advocate** - Your relationship with your doctor is really a partnership, and you can take an active role in that partnership by coming prepared to your consultation. Bring a bladder diary, think about the questions below beforehand, and do a little reading about bladder issues at [NAFC.org](https://nafc.org) - it'll help you develop a treatment path that's just right for you.
4. **Don't settle** - Remember that you're the one in control of your care. If you're not satisfied with the direction things are going, consider asking for a second opinion or finding a specialist. You can [click here for NAFC's free Doctor Finder](#) to locate a provider nearby.

WHAT TO BRING WITH YOU

Bladder diary - [Click here for NAFC's free bladder diary](#). It's an easy way to track your symptoms for a short time leading up to your visit. The information you collect can help you and your doctor identify patterns and issues that can be important in diagnosing and treating your condition.

WHAT QUESTIONS TO ASK

The following questions can help make sure that you have a full sense of what treatment options are available and what your treatment may look like. Bring this list with you to your next appointment so you don't forget anything!

1. What is causing my leakage?
2. Are there things I can do on my own to treat my symptoms?
3. Are there medications to try?
4. What about absorbent products?
5. Are there other approaches I might not be familiar with?
6. Should I avoid any foods? Supplements? Activities?
7. What can I realistically expect from treatment?
8. Does my treatment have any side effects?