






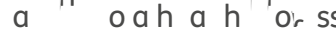




We'd love to hear from you.

... H ... R ... 'P ...
J ... R ... 'P ...
... ?H ... A ... H ... K' ... ?f ...
E ...

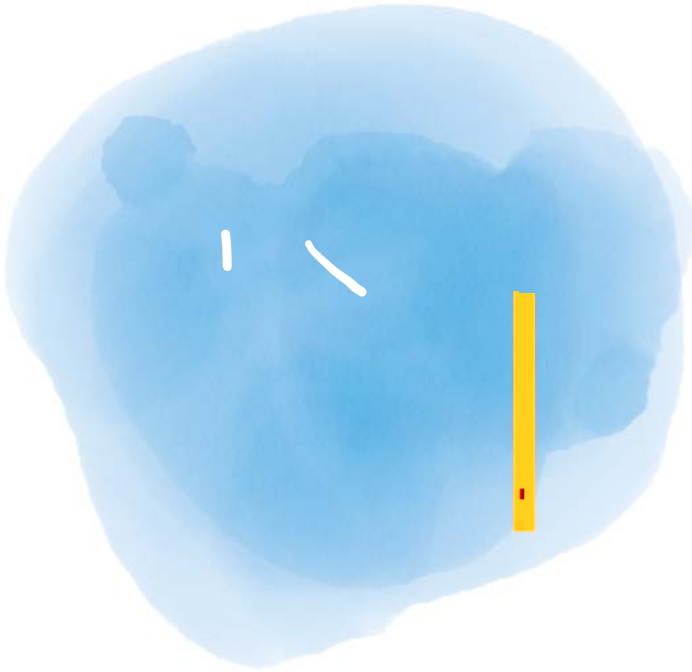
Contents

	4
	6
	8
	12
	13
	14
	16
	20

h s u d ou n s o mm n b d d r n d b p r b m n d
so m or h h s ha e a o o u , a o r m s a



A normal bladder:



Types of bladder problem

Urinary tract infections (UTIs) are common bladder problems. They occur when bacteria enter the bladder through the urethra. Symptoms include a frequent need to urinate, a burning sensation during urination, and cloudy or bloody urine. UTIs are most common in women and can be treated with antibiotics.

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Nocturia

u a s h n p p a o n u n h n h .
r o u n u r o m r o h a w e r a n h q ' s ,
p s u n o u s r o r a n r o u r p h n a m ,
s a o o u e o , s e u s o r e e u s .

Stress incontinence

r s s e o n n n n s w h n o u a w h n o u o u h ,
s n s a u h o e u e o r n e s s e h
a s w a p . I ' s a u s a w a p a r o u a w a n s s
o r h e t o o r m u s s h a s u o .
p r a n o s r s s e o n n n n a r a r o s a
o a o n l o w , s p s s e o n n n n s o e o p o r
n w e m n e a u s h e t o o r m u s b s , w h e s u o r
h a n u r n u s a a o w e a s p e h p a
w a r n u p e h r m h h e a a o a o a s (w h n
h s o a s s) . A r p o a u s , h o b s o s o u e
h h o r m o s h a h h a a a a r o u
h a h o o .
u r t o o r m u s s a a s o s a n d r o u r o r w h .
u r t o o r m u s s a a s o s a n d r o u r o r w h .



Urge incontinence

Urge incontinence is when you suddenly feel the need to urinate and you can't hold it long enough to get to the toilet. It's usually caused by an overactive bladder. The bladder muscles contract too often, even when you don't have much urine in your bladder. This causes you to feel a strong urge to urinate. You may also experience urinary urgency, which is a sudden, strong need to urinate. This can be caused by a variety of factors, including stress, anxiety, and certain medications. Urge incontinence is a common condition that affects many people, and it can be treated with lifestyle changes, behavioral therapy, and medication. As you can see, it's a very common condition that affects many people. It's important to talk to your doctor if you're experiencing any of these symptoms. They can help you determine the cause of your symptoms and recommend the best treatment options for you. Urge incontinence is a very common condition that affects many people. It's important to talk to your doctor if you're experiencing any of these symptoms. They can help you determine the cause of your symptoms and recommend the best treatment options for you.

Urinary retention

Urinary retention is a condition where the bladder does not empty properly. It can be caused by a variety of factors, including enlarged prostate, nerve damage, and certain medications. Symptoms include a weak stream, difficulty starting, and a feeling of fullness. Treatment options range from lifestyle changes to surgery, depending on the underlying cause.

Bladder problems in men

1 in 3 men over the age of 50 have bladder problems. In some cases, these problems can be serious. It's important to see your doctor if you have any of the following symptoms:

- Frequent urination
- Urgency (needing to go to the toilet immediately)
- Pain or discomfort when urinating
- Blood in your urine
- Difficulty starting or stopping urination
- Weak or interrupted stream
- Nocturia (waking up at night to urinate)

It's important to see your doctor if you have any of these symptoms, as they could be a sign of a serious condition. Early diagnosis and treatment can help prevent complications and improve your quality of life.

**"I spoke with my doctor.
It's better to be safe
than sorry."**

John, 61



Types of bowel problem

anus. How often do you have a bowel movement? How long does it take to pass stool? Do you have any blood in your stool? Do you have any pain or discomfort when you have a bowel movement?

Constipation

Constipation is a common bowel problem. It is characterized by infrequent bowel movements, hard stools, and a feeling of fullness or discomfort in the rectum.

Bowel incontinence

Bowel incontinence is a condition where you have difficulty controlling your bowels. It can be caused by a variety of factors, including nerve damage, muscle weakness, and certain medications. It is a common condition, especially in older adults, and can significantly impact your quality of life. Treatment options include dietary changes, pelvic floor exercises, and in some cases, surgery.

an ou'r p ou shop au o a e a r e n a p r
w ha a tr a n n h r e s s p h o s n h r os
w r a . p h s e n n s p a m e pu s n s o r a e r
m o n ou m r e a b s m a i s . o n e a e r a
m a s ' s o o o r a s u s s s u

I r ou n o e a n h n u usua n ou w h a s o v o r ou n
r p h h s a , o r w d s r n n s , o n , n o r m a a n
a o n m n w h ou e o .

I r ou h a n , r e a , o r ou' r 75 o r o r a n w o u p n
a s p n n s e a h H Bow Ca e S h n h n
(s a 40).

Audrey assumed urinary incontinence was something she had to put up with.

“I’m a 60s Isar p... wh... ou h... o... h... o... n
‘I’ve so... ou... wa... wh... m... r... n... s... u... I ha... o...
so... e... aus... I... r... n... w... wh... I... n... o... o... h... a... h... 11... (n)... 1.”

‘h o d m ha I shou d r p e xoo r r s sa nd show d
Sm how o o h m I was e a r s us ou ha o m a
su r ou’ r d e s m h r h m us s, ou Isoo o h n d
ha q r I m p h m s n a r n s a a, as I was o o, a n d
n o e d a m r o m n a r o a r w w s.

‘ow I m m m r e n d n n d n n o ou r wa s
a ap. I o n w sh I r ow soop r ha h r was so m h n
s m I ou o o so h o o m’

Getting medical help

Talking to a health professional

Background information, a person's name, address, contact details, and a list of symptoms. It is important to have this information ready when you see a health professional. This will help them to understand your condition and provide the best possible care. You should also be prepared to discuss your medical history, including any previous illnesses, surgeries, and medications. It is also important to discuss your current lifestyle, including diet, exercise, and stress levels. This information will help the health professional to make a diagnosis and recommend appropriate treatment. You should also be prepared to discuss your expectations for treatment and any concerns you may have. It is important to be open and honest with your health professional, and to ask any questions you may have. This will help them to provide the best possible care for you.

Bladder or bowel diary



Things that might help

Some of the things that might help you are:

- talking to a friend or family member
- talking to a professional, such as a counsellor or a doctor
- taking part in a support group
- taking part in a self-help programme
- taking part in a cognitive behavioural therapy (CBT) programme
- taking part in a mindfulness programme
- taking part in a relaxation programme
- taking part in a physical activity programme
- taking part in a diet and exercise programme
- taking part in a smoking cessation programme
- taking part in a weight management programme
- taking part in a substance use programme
- taking part in a mental health first aid programme
- taking part in a mental health awareness programme
- taking part in a mental health training programme
- taking part in a mental health research programme
- taking part in a mental health education programme
- taking part in a mental health promotion programme
- taking part in a mental health prevention programme
- taking part in a mental health recovery programme
- taking part in a mental health rehabilitation programme
- taking part in a mental health reintegration programme
- taking part in a mental health reablement programme
- taking part in a mental health respite programme
- taking part in a mental health support programme
- taking part in a mental health care programme
- taking part in a mental health service programme
- taking part in a mental health system programme
- taking part in a mental health policy programme
- taking part in a mental health strategy programme
- taking part in a mental health action programme
- taking part in a mental health plan programme
- taking part in a mental health review programme
- taking part in a mental health audit programme
- taking part in a mental health evaluation programme
- taking part in a mental health assessment programme
- taking part in a mental health diagnosis programme
- taking part in a mental health treatment programme
- taking part in a mental health intervention programme
- taking part in a mental health management programme
- taking part in a mental health monitoring programme
- taking part in a mental health review programme
- taking part in a mental health support programme
- taking part in a mental health care programme
- taking part in a mental health service programme
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- taking part in a mental health diagnosis programme
- taking part in a mental health treatment programme
- taking part in a mental health intervention programme
- taking part in a mental health management programme
- taking part in a mental health monitoring programme

What can I do to help myself?

I r o u ' r s r u n w h n e u r a h n d o u p o p



Alternatives to the toilet

Our a h h o n d as , a o m m o d m h
us u. a n h a a r n a o o r m a n o n a e h a . our a n
so h a h u a s (o h o r m n a n a w o m n) w h e h a n
us o a h a .

Toilet queues

h Ba a n d Bow Co m m u o r r s a r 'Jus Ca n,
n a o e a so ou o n, ha o u u n bu' ou a n d
ous a o ur m m n our a o n o r e b n ph
Ba a n d Bow Co m m u o s h w s (a
38) h e a s a s a r h a h ho r has a m e a
e o o w h h a s h o u s h o u r n .
our a a so n a a a r ou n e p u e s a o s
ha ha o r w h a a o p n s h r p) a .
h s o s a o n you n sh n s, u s a s
a n r a w a s b o s. Co a D s a h s o r m r s
o a o a o u a a s (a 39).

Out and about

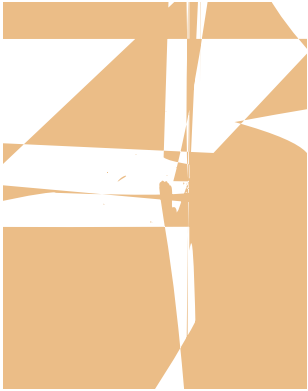
r n o o h a n a a r o r pow p r o m s o pu r o m
n o u a a o u . h a o c o s p u o s o r o r s
ha m h a s a n d our a a s a m a s a u w a
ou w h ou. e a s o so s a us u.
S

Ne e

For m r a e o n u r m n s p a n o ou s e p u s
o e o e a s , o e o a n a Eas (a 39).

Continance products

br am n d n, awa s s o p e o m n e e o m p
ru h r h p o u n s a r h ou a a h o m a n d
s m e o ou a - o - a r .
o n e o m e r o r e s o b d d h H, ou r
o r o m e r a s ou b ou e a S h e o n n n
s p p . I r ou r a s s s a s , ou shou S r e a
su o p o n n n n r r o e p r o r h a p . ou e a e n o r
o h a h o r s s o a w a wha o r o u s a
e s a a a .
o r a u m a b e o n n n n p r d e n p r m a s a n d
su r m r a p s u ou shou s o r s s o a a e o r
us n p h m r m n n . I b m r a n o n n h o a u s o r
ou r o o a s h a r m . a m n o h a e a h .
p r n d r o u u a s e s a n g u n p a d s a n d
S h a r a s w o n e h a r b o u A o r o m e n o e s o u
r ou r o u n p n n o r m a o r , ou m h n o r
ou a A m n o r m .

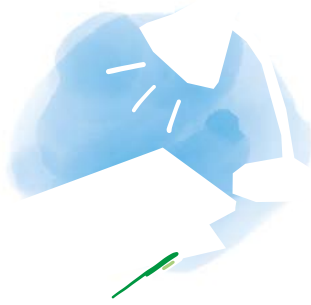


h r a r a r r o r a s , a n s a n d o h r p r o u s o u n o
a a a a a h o u h h H . h o o w a u s :
asha p r o u s e h a s - u s a a s , w h o r n
e o a s a o r a a o r a s .
D s o s a a s h e e o s r n p a s .
D s o s a a s , o r a - n o a s w h a s e e n

Personal hygiene and comfort

Avoiding smell

Frish shou, s u n p gsa n u n ss h r 's ap r o s.
n o . Bu p h p a o b m r 's r wo po n r o s.
Goo -ua a s h a so • so s m . w e o h s



Additional support and benefits

Social care and NHS services

It's important to think about how you can get the most out of your care and support. This includes understanding the different services available to you and how to access them. You may be eligible for social care services, which can help you with daily living tasks. You may also be eligible for NHS services, such as mental health support or specialist care. It's important to talk to your care manager about your needs and how they can be met. You can also contact your local council for more information about social care services. The NHS website has a lot of information about social care and NHS services. You can also contact your local council for more information about social care services. The NHS website has a lot of information about social care and NHS services.

pp
ou' r u' n' h' a' w' n' wa' ou' e' o' r' n' n' n' n' d' r' m
r' e' a' s' o' p' s' a' r' e' o' u' e' a' n' h' o' n' o' r' h' o' s' a' , o' u' h' a' h
h' o' r' o' m' a' n' s' o' h' a' a' n' o' p' a' s' u' s' s' o' w' h
s' a' v' o' h' m' m' a' s' i' h' o' a' p' s' a' o' o' r' o' u' e' a' n'
A' v' a' m' m' r' p' r' e' a' s' u' o' o' u' o' a' o' s' a' r' o'
ou' h' a' v' r' ou'

Ir' ou' r' ou' e' o' r' m' s' h' o' p' n' , n' a' d' e' r' s' s' d' ou' m' h
w' a' o' a' s' a' v' o' o' p' a' n' d' h' o' o' s' a' o' u' s' .
o' u' w' h' a' c' o' s' o' a' s' e' u' o' r' u' s' .
F' o' r' m' r' n' r' m' n' h' p' r' e' d' u' r' m' n' o' m' p' n' s
a' o' u' a' h' o' s' a' o' h' h' e' , s' o' u' v' a' s' h
s' A' C' m' r' u' s' v' e'

r' m' r' n' r' m' a' o' n' n'
o' o' a' d'
s' A' C' m' r' u' s' v' e'

Ne e

Ir' ou' n' d' su' n' o' w' H
p' E' a' n' e' o' n' c' S' n
u' r' ou' e' o' a' w' n' z' a
s' e' . I' n' a' s' s' o' n' d'
e' o' n' h' a' n' C' .

Dementia and incontinence

I'm on a holiday, and I'm not sure if I should go. I don't know what to do. I don't know what to do. I don't know what to do.

I'm not sure if I should go. I don't know what to do. I don't know what to do. I don't know what to do. I don't know what to do.

I'm not sure if I should go. I don't know what to do. I don't know what to do. I don't know what to do. I don't know what to do.

Ne e

Sour us and

Useful organisations

AgeUK

Age UK is a national charity that provides support and advice to older people. It offers a range of services, including helplines, local advice centres, and community groups. For more information, visit www.ageuk.org.uk.

Alzheimer's Society

Alzheimer's Society is a national charity that provides support and information for people with dementia and their families. It also campaigns for better care and services for people with dementia.

Attendance Allowance helpline

The Attendance Allowance helpline provides information and advice on how to apply for Attendance Allowance. It is a non-judicial service and does not provide legal advice.

Bowel Cancer UK

Bowel Cancer UK is a national charity that provides support and information for people with bowel cancer and their families. It also campaigns for better care and services for people with bowel cancer.

Bladder and Bowel Community

The Bladder and Bowel Community is a national charity that provides support and information for people with bladder and bowel problems and their families. It also campaigns for better care and services for people with bladder and bowel problems.

Continence Product Advisor

The Continence Product Advisor provides information and advice on how to choose the right continence product for you. It is a non-judicial service and does not provide legal advice.

Disability and Carers Service

The Disability and Carers Service provides information and advice on how to apply for Disability Living Allowance and Carer's Allowance. It is a non-judicial service and does not provide legal advice.

Disability Rights UK

The Disability Rights UK campaign has a presence on the
 internet. The website is www.disabilityrightsuk.org.

Healthwatch

Healthwatch is a national organisation that
 represents the views of patients and the public.

Email: info@healthwatch.org.uk
www.healthwatch.org.uk

Living Made Easy

Help and advice for people with disabilities.
 Email: info@livingmadeeasy.org

www.livingmadeeasy.org

Llais

Llais is a national charity for people with
 learning disabilities and mental health problems.

Email: info@llaibarnes.org

www.llaibarnes.org



T A K (C ,S
NI). A K.A K
E (A K,7 F ,O A S ,17C ,L 6825798).
T A K,7 F ,O A S ,17C ,L EC3N 2LB.

What should I do now?

Our award-winning online course is available on our website. It is a free service, so it's easy to use.



Our award-winning online course is available on our website. It is a free service, so it's easy to use. (8am - 7pm, 365 days a year).
Our award-winning online course is available on our website. It is a free service, so it's easy to use.
A award-winning online course is available on our website. It is a free service, so it's easy to use.

It's our award-winning online course. It's a free service, so it's easy to use.



A award-winning online course is available on our website. It is a free service, so it's easy to use. (8am - 7pm, 365 days a year).
1128267
17 Crossways, London EC3N 2LB. A award-winning online course is available on our website. It is a free service, so it's easy to use.
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