



CENTER FOR UROLOGIC CARE OF BERKS COUNTY

Call To Schedule Your Appointment

Bladder Health Month



For November, we're shining a light on bladder health, a vital yet often overlooked aspect of our well-being. Bladder Health Month is the perfect opportunity to raise awareness, share helpful tips, and empower you to take control of your urinary health. Whether you're looking to prevent common issues or manage existing concerns, this campaign will provide you with valuable insights and resources to support your overall health. Join us in making bladder health a priority this month—and every month!



BPH

BPH is an increase in the size of the prostate that may cause urinary symptoms like blockage of urine flow and increased frequency of urination. BPH is a non-cancerous and harmless enlargement, and should not be a cause of extreme worry.

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UTI

A urinary tract infection (UTI) is an infection in any part of the urinary system. The urinary system includes the kidneys, ureters, bladder and urethra. Most infections involve the lower urinary tract — the bladder and the urethra.

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Preventing UTI's

- Avoid Using Irritating Products
- Try Cranberry Supplements
- Drink Lots of Water
- Avoid Scented Products
- Explore Birth Control Options
- Take Probiotics

When To See A Doctor

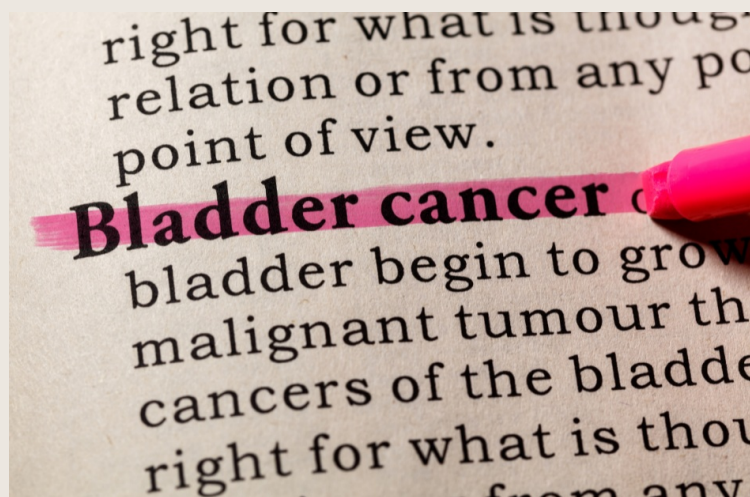
- a strong, constant urge to urinate
- burning while urinating
- peeing only small amounts of urine
- cloudy urine
- blood in urine
- smelly urine
- pelvic pain (in women)

Overactive Bladder

Overactive bladder, also called OAB, causes sudden urges to urinate that may be hard to control. There might be a need to pass urine many times during the day and night. There also might be loss of urine that isn't intended, called urgency incontinence.

Incontinence

Urinary incontinence — the loss of bladder control — is a common and often embarrassing problem. The severity ranges from occasionally leaking urine when you cough or sneeze to having an urge to urinate that's so sudden and strong you don't get to a toilet in time.



Bladder cancer is a common type of cancer that begins in the cells of the bladder. The bladder is a hollow muscular organ in your lower abdomen that stores urine.

[Learn More](#)



Medications for OAB

Medications for OAB work by relaxing the bladder muscles, reducing the urgency and frequency of urination, and helping individuals regain control over their bladder function. This medical approach offers significant relief for those whose quality of life is impacted by the persistent symptoms of OAB.

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