

## **Mind Over Matter: Healthy Bowels, Healthy Bladder**

Why it is needed:

- By the time women reach menopause, over half of older women experience urine or bowel leakage, also called incontinence.
- The consequences of having incontinence increases the risk of:
  - Falling
  - Social isolation
  - Depression
  - Hospitalization
  - Caregiver burnout
  - Admittance to a nursing home

### **Can Incontinence Improve?**

- Yes!
- How?
  - Low impact exercises
  - Making changes to how we eat or drink.
- Most women do not know about these solutions.
  - Why?
  - They don't talk about their symptoms with a doctor.

**Mind Over Matter; Healthy Bowels, Healthy Bladder** is a program that aims to bring these solutions to women in their communities.

### **Mind Over Matter Topics Covered:**

- The pelvic floor: How our bladder, bowels and pelvic floor muscles work together
- Building confidence to set and achieve reasonable goals
- How to do low-impact pelvic floor muscle exercises (Kegels)
- How to adjust fluid intake and fiber intake to improve bladder and bowel function
- Helping one another solve problems and cope with setbacks
- Learning about other solutions if symptoms are not cured through workshop
- Asking for more & navigating uncomfortable discussions with healthcare providers

Small group of 8 -12 women. Meets 2 hours every-other week for one month.