

## Maintain A Healthy Bladder With Bladder Balance

At Preferred Health Resources, we strive to bring the consumer/patient the finest formula to maximize urinary health. Developed by Ronald E. Wheeler, M.D., Urologist, Bladder Balance is intended to assist patients with Interstitial Cystitis and signs and symptoms of chronic Bladder Infections while allowing others to maintain a healthy lifestyle through prevention. If signs and symptoms persist, please consult your Urologist or Physician.



Questions? Email: [Prostadoc@aol.com](mailto:Prostadoc@aol.com)  
[www.Peenuts.com](http://www.Peenuts.com)

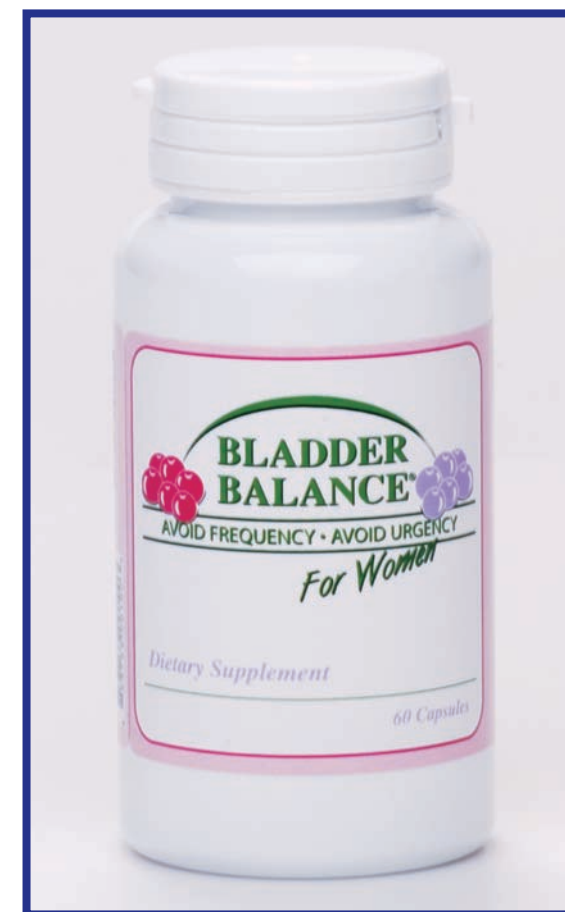
Orders: 1-888-733-6887  
941-951-2415

Bladder Balance®

1819 Main St., Suite 240  
Sarasota, FL 34236



*For Women*



*For Women with an Active Lifestyle*

## Bladder Function Myths

### (Questions & Answers)

- Symptoms of Frequency & Urgency usually signal a bladder infection? **False:** The most common cause of frequency & urgency is inflammation of the Urethra (urine tube). This condition is called “Urethritis”.
- Inflammation & infection are always associated with bacteria? **False:** Inflammation is generally thought to be a non-bacterial event associated with irritation, while infection is associated with bacteria.
- The mid-stream clean catch urine is an accurate method to assess for a urinary tract infection (UTI)? **False:** The mid-stream clean catch is commonly contaminated with bacteria & misleads healthcare providers greater than 50% of the time.
- Doctors generally treat the findings from the mid-stream clean catch? **True:** Despite the likelihood that the findings do not reflect accuracy, antibiotics are given. Unfortunately, the urine obtained with a mid-stream clean catch technique is commonly contaminated with bacteria. When bacteria is identified in association with urinary symptoms (regardless of how the urine sample is obtained) antibiotics are prescribed.
- UTIs are always associated with signs & symptoms? **False:** Chronic infection may allow your body to adjust and therefore the patient may become less symptomatic.
- Sexual intercourse can cause symptoms of a bladder infection/inflammation associated with frequency and urgency? **Absolutely true:** Women commonly associate this activity as a cause of a bladder infection similar to honeymoon cystitis.
- Urgency Incontinence is more common than stress incontinence? **True:** Urgency Incontinence may be associated commonly with what you eat (see the **CASA Diet**), how you handle stress, hygiene and/or localized Urethral irritation. It is not uncommon to improve Bladder/Urethral stability by improving on these areas of concern. Women who improve these causes of incontinence will find that surgery may be avoided.
- Women with Incontinence generally require surgery? **False:** While some women require surgery, new conservative products & treatments offer non-surgical remedies.

- Is douching beneficial? **True:** It could be. Douching may be performed with an ear and ulcer syringe using epsom salts for best results. I generally do not recommend pre-packaged flavored and/or fragrant douche products as they contribute to inflammation.
- Can soaps cause irritative voiding symptoms? **True:** Oils, deodorants and/or lanolin commonly irritate the urethra and cause inflammatory symptoms. Therefore, non-irritative cleansing products like Ivory, Glycerin or Bay soaps should be considered for hygienic purpose.
- Yeast vaginitis cannot cause symptoms of a UTI? **False:** Yeast is commonly associated with urinary symptoms causing frequency and urgency of urination.
- Women who take baths get more UTIs than women who take showers? **False:** Warm water baths are helpful to relieve cramps, stress, and lower back pain. Baths do not increase the risk of infection, if bath tubs are properly maintained.

### Common Causes of Urinary Incontinence

- Urethritis (inflammation of the urethra)
- Trigonitis (Inflammation of the lower bladder lining)
- Bladder infection (urinary tract infection, UTI)
- Weak Pelvic Muscles (common with childbirth and aging), may contribute to leakage with cough or sneeze
- Dietary Irritants (see **CASA Diet**)
- Yeast Vaginitis

### Avoid Dietary Irritants **CASA Diet**

**C** — Coffee, Chocolate, Carbonated Beverages, Caffeine

**A** — Acids of Citrus: Oranges, Grapefruit, Lemon & Lime;  
Fruits & Juices

**S** — Spicy Foods: Tomato or Tomato related products; spicy sauces including but not limited to: barbeque sauce, hot sauce, worcestershire sauce, steak sauce, Mexican food and chile.  
Also, Peppers: Dry, Wet, Mild or Hot

**A** — Alcoholic Beverages of all Types: Wine, Beer, and Distilled Liquors

### Bladder Balance Ingredients

Vitamin C, Vitamin E, Vitamin B6, Zinc, Selenium, Cranberry Juice Extract, Concentrated Blueberry Extract, Stinging Nettle, Saw Palmetto Extract, Ginkgo Biloba, Garlic, Echinacea, Grape Skin Extract, Glycine, Alanine, Glutamine, Chamomile, Passion Flower, Grape Seed Extract

### Common Signs & Symptoms of Bladder Problems

- Pain, Burning, and/or Stinging on Urination
- Frequency and Urgency of Urination
- Sudden Leakage of Urine or Leakage with cough and/or sneeze

### Helpful Recommendations

- Avoid deodorant soaps during bathing/showering
- Avoid Lanolin based soaps/gels, as they may inflame the urethra
- Consider Biofeedback prior to an operation for incontinence
- Daily showers/baths decrease bacterial proliferation and maintains good hygiene
- Use Acidophilus (Probiotics) daily
- Avoid excessive dietary irritants (see **CASA Diet**)
- Please consult your Urologist if urinary symptoms continue and be sure to keep him/her informed.

**Our antioxidant formula is bladder friendly & promotes disease prevention**

**Preferred Health Resources, Inc.**

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