

Insight | Information | Inspiration

My Menopause™

magazine N° 20

*Blend,
Baby,
Blend!*
A story of a
woman in
bloom

*Estrogen
and Breast
Cancer*
Timing
determines
safety

7

Ways to Make
Your Next
Conversation
Easier

How To
Tame Your
*Busy
Mind*

Back pain?
Tight hamstrings
might be
the cause

*Marilu
Henner*
Speaks Out On
Incontinence

New Menopause
App Now Available

Closing the sexual
pleasure gap with a
hands-free approach

Overactive Bladder? You're NOT Alone

One in three women have a sensitive bladder, but most are too embarrassed to get help. Actress, author and patient advocate Marilu Henner says it's time for that to change.

For most women, urinary loss or incontinence is so embarrassing that the average woman waits 3 to 5 years to even talk about it with her doctor.

To share some thoughts about incontinence is someone who is well known to you, Marilu Henner. Marilu has played some fabulous roles as Elaine O'Connor Nardo in the TV hit *Taxi* and she's also played Ava Evans Newton in *Evening Shade*.

Today she is the author of numerous books on health and is a health advocate. I interviewed her on the topic of incontinence.

Marilu Henner: Thank you so much. I'm not afraid to talk about anything. During one of my radio shows (www.Marilushow.com), I found out that 1 in 3 women, sometimes as much as 40% of the women in this country have some kind of sensitive bladder issue and it keeps most of them from exercising or going to a comedy show, or even making love at times.



This was such a shock to me. It's not my issue, but I said, "Someone has to talk about this and I don't mind being the voice." So I paired up with the Always Discreet people because they have this amazing, amazing campaign called "Like A Girl." And it was so impactful, I said, "I'm going to get out there and talk about how you're supposed to dance like a woman." We shouldn't let anything hold us back from living our lives. Women are just embarrassed and they don't realize that they're not alone.

Dr. Seibel: Women are embarrassed. When should a woman talk about this with their healthcare provider?

Marilu: It depends on the issue. If you're coming in late for an appointment and you feel like, "Uh-oh, I'd better make it to a bathroom," or you're at your kid's soccer game and you feel like, "Uh-oh, where's the bathroom, I got to pay attention because I don't want to have any kind of a leak." It depends on how much you can tolerate.

Dr. Seibel: So, if you're bothered by bladder symptoms, don't keep it a secret -tell somebody so they can try to help you.

Marilu: Right! When I speak to groups of women. I look around the room and I think that 1 in 3 women

might have had this issue. I had no idea that this is going on. Why not get help. I think that's why the Always Discreet people have created a hashtag, #PeeHappens.

So, it's like, let's stop! Women have to stop hating their body, we have to stop shaming one another. I think it's so important for women to say, "Hey! I've had a baby," or "I haven't done my Kegel exercises" whatever it is, or they've had a little issue here and there. I think it's important for women to know they're not alone. Talk about it. I'm going out on *The View* and talking about it. It's not a big deal; we have to stop hiding and keeping ourselves from our own life.

Dr. Seibel: You're very right. Do you have any suggestions in addition that are lifestyle things that you tell women to do when you talk to women's groups?

Marilu: I'm always talking about the fact that they should stay hydrated. Our body is close to 70% water. And women aren't rehydrating themselves. They keep themselves from drinking water because they're afraid.

Suggestions for those with a sensitive bladder

- stay hydrated
- drink fluids early in the day

- eat food with a high water content, such as salad
- don't overdo with protein
- avoid spicy, acidic foods

Dr. Seibel: Getting dehydrated isn't healthy.

Marilu: They can get urinary tract infections.

Dr. Seibel: Do you tell them to drink earlier in the day so they're not up at night going to the bathroom?

Marilu: Yeah, absolutely! The body starts to adjust to less water. People say, "Oh, I'm not even thirsty." You don't even realize how thirsty you are. So this is a big issue. I always say have wet food at every meal.

Dr. Seibel: Such as...?

Marilu: Food with a high water content. Have a salad before or after dinner. I'm sure that women who are afraid to drink because of a sensitive bladder issue, are having their joints get dry and the inflamed because their body is not well-hydrated. And there's nothing more important than movement. I always say, "Your cat stretch-

es, you take your dog for a walk, you get a hamster wheel for your hamster, you are this beautiful human animal and you have to move."

Dr. Seibel: So, all the things that women are afraid of because they have a sensitive bladder, such as movement,

hydration, eating foods that have a lot of moisture – all the things that women are avoiding, you're saying, 'Stop it and start eating and drinking the

right things." Are there are any foods that you recommend women avoid so they don't irritate their bladders?

Marilu: I would say don't overdo it with the protein because animal protein can create a lot of inflammation. I'm not saying that you have to go completely vegan, I'm just saying have more of a plant-based lifestyle so that you do have more plants, more wet foods, for example. We discover the beauty of beans and things like that. Don't eat foods that are drying you out from the inside out.

Dr. Seibel: And also, you want to avoid spicy foods, peppers, coffee, caffeinated drinks, sodas and soft drinks. They are very acidic foods.

1 in 3 women have bladder issues. Why not get help?



Marilu: I think diet soda is just ridiculous. My parents died very young. My father died at 52 of a heart attack, I was 17 at the time. I ate my feelings, I ballooned up to 54 pounds more than I weigh right now and I was not happy. Then my mother died with arthritis a couple of years later at 58 because of all the stress that my father's death caused her. She was teaching dance

in December – because that was our family business. She went to bed with the flu in January, went in to the hospital in February, had her leg amputated in April and died in May.

Dr. Seibel: Oh my, this is a terrible sequence of events for your mom, for your family and for you.

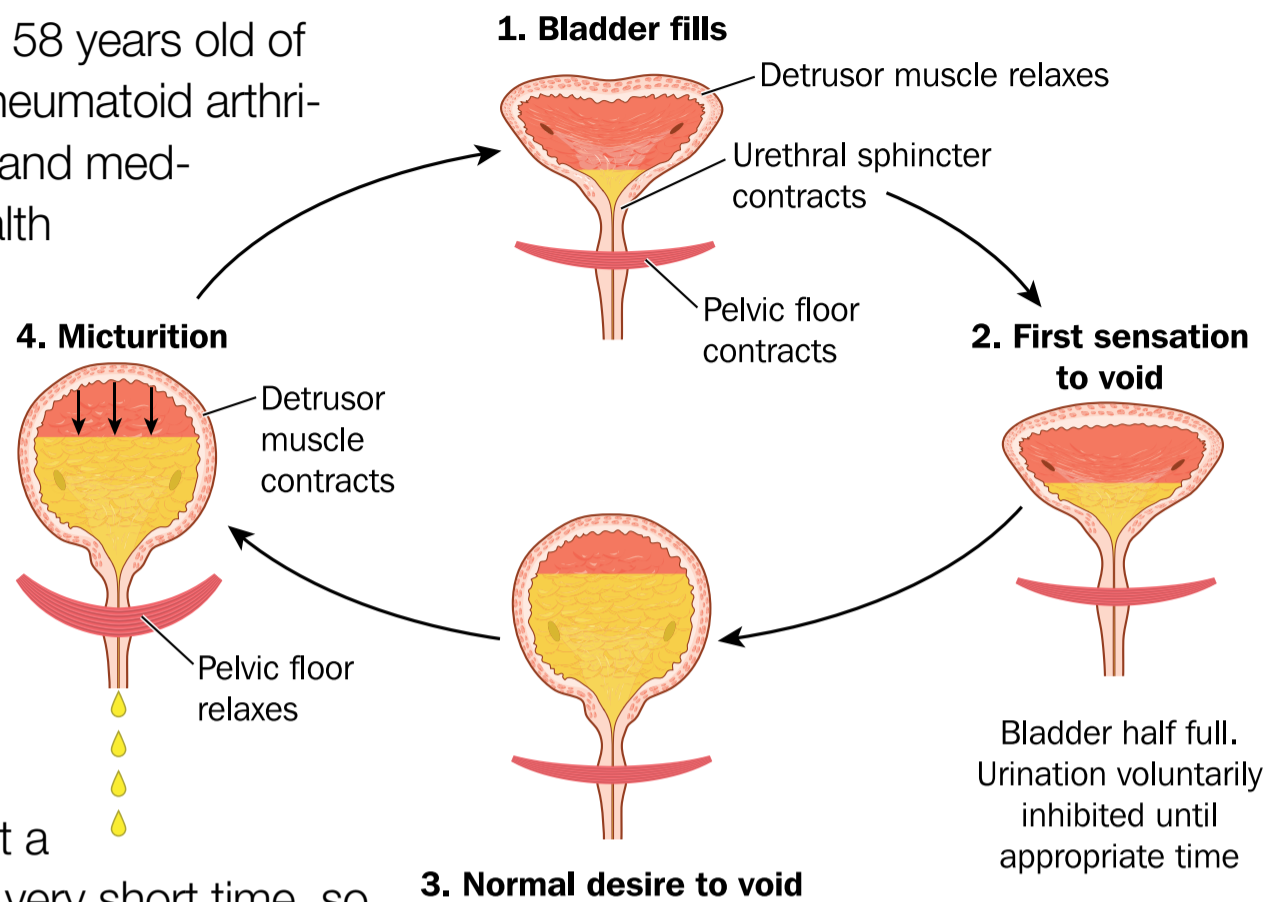
Marilu: Absolutely. When I saw my mother suffering in the hospital, I made a vow to God. I said, “If she gets out of here, I’m going to learn everything I can about the human body and save her life; and if she passes away, I’m going to do everything to save my life and my two kid’s life.”

**Women aren't
rehydrating themselves
because they're afraid
of leakage**

So, when she died at 58 years old of complications from rheumatoid arthritis, I went to doctors and medicine libraries and health food stores. I took human anatomy classes at UCLA, and I learned everything I could about the human body. And because I have an unusual memory, I was able to cross-connect a lot of information in a very short time, so I started experimenting on myself and I realized so many things. This is why I write books. It's so important for us to have our health because you can look around you, America - you know something is wrong, we are not taking care of ourselves as we should. And when I found out that women were holding themselves back from living their life, it's a subject that I feel so passionate about that I said I have to be involved.

Dr. Seibel: I'm glad that you did because you're certainly someone that women look up to and you're talking about a topic that most women are afraid to even mention, even though it's embarrassing the heck out of them and altering their entire life.

Marilu: Don't be afraid to be who you are. Don't be afraid to live your life.



You're supposed to be out there moving, laughing, having a good time with your family, going to your kids' things, dancing with your husband, doing whatever you do, even if you don't have children or you don't have a husband, it doesn't matter. You have to live your life. The thing is that if something like sensitive bladder is holding you back, there is help on the way. Just check out AlwaysDiscreet.com because they have answers for questions you didn't even know you had, and you won't feel alone.

Marilu Henner is a five-time Golden Globe Nominee and a *New York Times* Best Selling author of nine books on health, parenting, memory, and lifestyle improvement, including the recent best-seller *Total Memory Makeover*. Find out more at www.Marilushow.com.



Subscribe to

My MenopauseTM
magazine

for less than a coffee a month

What You Get Every Month

- ★ Insight, Inspiration and Health Information
- ★ Edited by the Media Award recipient of the North American Menopause Society
- ★ Articles, videos and audio
- ★ Answers to your questions
- ★ Subscribe and Save 50% off single issue price
- ★ Get the first issue FREE at MyMenopauseMagazine.com

What women are saying about this magazine:

- ★★★★★ Wonderful info from a source you can trust
- ★★★★★ Love this magazine. Great content from beginning to end!
- ★★★★★ Great Menopause resource with important emphasis on body, mind and spirit!
- ★★★★★ Finally! A magazine with answers to all the questions women have when entering into menopause.

Get Started. Click The Subscription Button Now

Subscribe