

Bladder retraining is also useful for reducing symptoms of urinary dysfunction. It consists of urinating at scheduled times even if you do not need to go. If these measures are not helpful your urologist may start you on medications. When going out of home, planning your trip in such a way that you have time to urinate at intervals.

### **WHAT SHOULD YOU DO IF YOU EXPERIENCE SYMPTOMS OF URINARY DYSFUNCTION?**

The first step you need to take is to inform your health care team about the symptoms. From there, you may be directed to a urologist who will assess and determine if Parkinson's is the cause of your urinary dysfunction or if there is another factor responsible. Your urologist can rule out any other problems and then treat you accordingly.

### **USE OF ADULT DIAPERS**

Urinary incontinence is when there is less control of the bladder, which is one of the symptoms in patients with Parkinson's. In advanced cases where patients have refractory incontinence, carepartners can assist patients with this issue. They can prepare and train them physically and emotionally to use pull-ups and adult diapers. Also, making the use of these products a regular commitment is crucial to maintain the patient's hygiene and self-esteem. If this symptom is not resolved, problems such as bad odor can arise. The proper use of adult diapers or pull-ups can prevent bad body odors.



#### **DID YOU KNOW?**

The number of Parkinson's patients will double by 2031. Millions of Parkinson's patients around the world are suffering from poverty and...

- Cannot afford to buy their medications
- Cannot afford to purchase a cane, walker, or a wheelchair
- Cannot obtain educational literature about Parkinson's in their language
- Are not able to afford consulting a neurologist and remain undiagnosed and untreated

#### **OUR UNIQUE SERVICES**

World Parkinson's Program is the only organization which provides the following unique services to Parkinson's patients around the world:

- Parkinson's medications to those patients who can't afford to buy them
- Canes, walkers & wheelchairs to prevent falls
- Parkinson's educational brochures in many languages
- Free electronic educational newsletter
- Chapters of World Parkinson's Program in various parts of the world

#### **JOIN THE FIGHT AGAINST PARKINSON'S**

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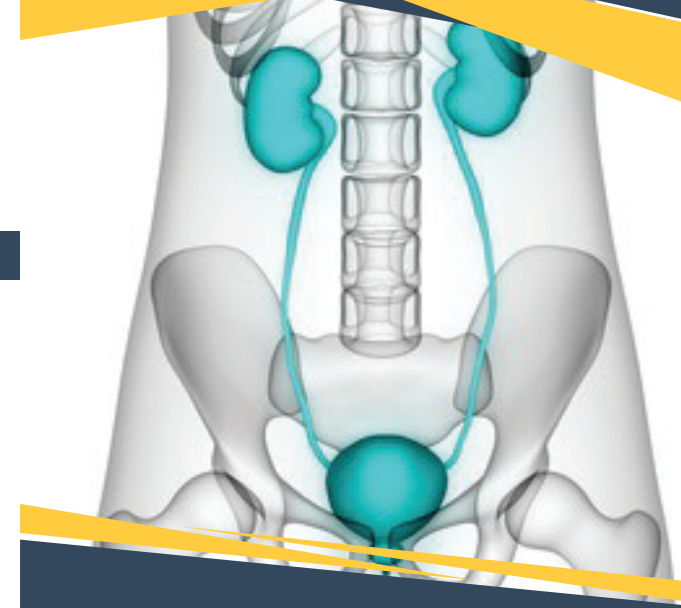
This information is not a substitute of medical advice. Consult your Physician before applying this information.

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Frequently asked questions about

## **PARKINSON'S DISEASE & URINARY DYSFUNCTION**



ENGLISH - 12



[www.pdprogram.org](http://www.pdprogram.org)

*"Those who fight Parkinson's with knowledge always find solutions"- Dr. Rana*

Parkinson's disease is a progressive neurodegenerative condition characterized by tremors, slowness of movements, stiffness, and balance problems. In addition, Parkinson's has many non-motor symptoms such as memory or cognitive issues, speech and swallowing problems, depression, and sleep difficulties. It affects almost 10 million individuals around the world.

### **DOES PARKINSON'S CAUSE URINARY DYSFUNCTION?**

Urinary dysfunction is often associated with Parkinson's. The bladder is a key component of the urinary tract which controls two aspects of urination. It regulates the storage of urine and the eventual release of it when it is appropriate to do so. In urinary dysfunction, these functions of the bladder are impaired. In the case of the storage of urine, the bladder sends signals to the brain indicating that it is full even though it is not. The result is that the need to urinate is experienced more frequently. This symptom also occurs at night and is called nocturia. Therefore, this condition may interfere with your sleep.

Also, the ability to control urination decreases. Thus, it becomes harder to delay urination when the need arises. This symptom can become challenging when you find yourself in public situations.

Another problem may be reduced ability to empty the bladder. This may also lead to an increased frequency of urination. If the bladder does not empty properly on a regular basis, the chances of getting a bladder infection rise. A sign of a bladder infection is pain or burning during urination.

### **WHAT ARE COMMON SYMPTOMS OF URINARY DYSFUNCTION?**

Some common symptoms are increased frequency of urination, dribbling of urine after you have just urinated, and an inability to delay urination. Other symptoms include an urge to urinate even though you just went to the bathroom, and urinating small amounts at a time. Uncontrollable leakage of urine is also associated with urinary dysfunction.

### **WHAT MAY BE THE CAUSE OF URINARY DYSFUNCTION?**

Aside from Parkinson's itself causing urinary dysfunction, some of the drugs used to treat Parkinson's especially drugs with anticholinergic effects may impair bladder function.

Sometimes, urinary dysfunction may not be associated with Parkinson's at all. An examination may lead to the conclusion that prostate disease is the cause of the urinary dysfunction in men. In this condition, the prostate is abnormally enlarged and affects the flow in the urinary tract. Patients with diabetes mellitus, urinary tract infection, or on diuretics may also notice an increase in frequency of urination. Sometimes due to slowness, patients may not be able to make it to the washroom on time, and may get an accident.

### **WHAT ARE THE CONSEQUENCES OF URINARY DYSFUNCTION?**

- Patient may avoid going out
- Social withdrawal
- Poor self-esteem
- Poor self-hygiene
- Discomfort of carepartner

### **HOW CAN YOU REDUCE THE SYMPTOMS OF URINARY DYSFUNCTION?**

One thing you can do to ease your symptoms is to reduce your intake of fluids with diuretic effects. Diuretic drinks are those that increase your need to urinate. Drinks that contain caffeine and alcohol are diuretic. Some other examples are tea and grapefruit juice.

You may also want to keep track of when you drink. In order to reduce the amount of times you have to get up at night, you should avoid drinking fluids for couple of hours before you go to sleep. Similarly, you may want to limit drinks before you plan to go out. Washroom emergencies in public venues can be problematic and sometimes embarrassing. However, you need to make sure you get enough fluid on a daily basis since constipation is also associated with Parkinson's.

If you are slow in getting to the washroom or have issues with mobility, you may consider getting a bedpan or a urinal to assist you. Clothes that are easier to undo or take off should be worn at night. For men, a condom catheter is also an option. However, if you lack voluntary control over urination, you may need protective padding or cotton underwear. Odor problems can occur with the use of protective padding. Cranberry juice is known to lessen the effect of the odor.

Control over urination can be increased with exercises that strengthen your pelvic muscles. You can also increase your control by practicing alternatively delaying and initiating urination.