

# HOW ARTHRITIS AFFECTS YOUR BLADDER

## MOBILITY CONCERNS

Arthritis can make it difficult to remove clothes while going to the bathroom, delaying going to the bathroom.

## SEDENTARY LIFESTYLE

Exercise may be limited due to pain, causing pelvic floor and bladder weakness, and constipation, which can cause urinary incontinence.

## MEDICATION SIDE EFFECTS

Arthritis medications can cause fluid retention, increasing urinary urgency and frequency.

## PSYCHOLOGICAL STRESS

Depression, anxiety, and stress from RA and incontinence worsen urinary symptoms and increase incontinence episodes.

## CHRONIC INFLAMMATION

Inflammation can increase the tension in the pelvic floor muscles, leading to urinary incontinence and urgency.

## PELVIC DEFORMITIES

Arthritis can cause spine and pelvic deformities that lead to pelvic floor muscle anatomy changes, leading to urinary incontinence.

## NERVE DISRUPTION

Nerve inflammation disrupts the connection between the bladder and the brain, leading to incontinence.