



Perimenopause & Urinary Incontinence

Can Perimenopause Cause Bladder Leaks?

Yes. The decrease of estrogen in the years leading up to menopause can cause perimenopausal women to experience bladder leaks, known as urinary incontinence.

Why Does UI Occur During Perimenopause?

During perimenopause, estrogen levels decrease, causing vaginal tissues to become stiffer and thinner, weakening your pelvic floor muscles.

Your pelvic floor muscles control when you void your bladder and hold your pelvic organs in place. When pelvic floor muscles are weakened, it can become difficult for your urinary sphincter and urethra to hold in urine, leading to unintentional leakage.

Treatments

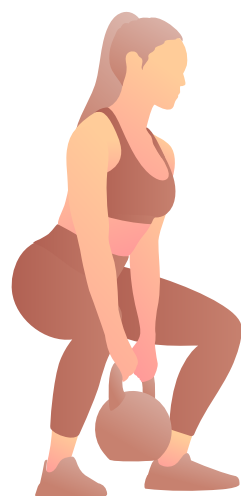
There are many treatments available for women experiencing UI during perimenopause!

Lifestyle Changes



- Healthy Diet
- No Smoking
- Healthy Weight

Pelvic Floor Exercises



- Kegel Exercises

Bladder Control Products



- Women's Protective Underwear
- Bladder Control Pads