

11 Causes of Urinary Incontinence in Individuals With Eating Disorders

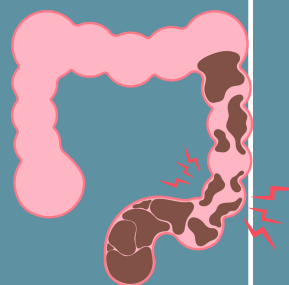
Malnutrition

Inadequate intake of essential nutrients, such as protein, vitamins, and minerals, can weaken pelvic floor muscles, therefore contributing to UI in people with EDs.



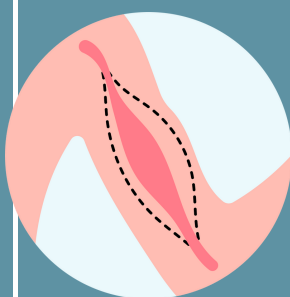
Constipation

Straining during bowel movements places increased pressure on the pelvic floor muscles. This leads to UI and / or pelvic organ prolapse.



Muscle Wastage

Muscle wastage and muscle atrophy throughout the body caused by malnutrition can lead to weakened pelvic floor muscles, leading to UI symptoms.



Vomiting

Vomiting places extra pressure on the abdominal muscles and pelvic floor muscles, leading to leakage.



Increased Abdominal Pressure

Consuming large amounts of food in a short period increases abdominal pressure. This can lead to increased pressure on the pelvic floor muscles, resulting in UI symptoms.



Mental Health Conditions

Clinical research studies show that anxiety disorders are related to high-tone pelvic floor, which can increase urinary frequency and urgency.



Medications

Individuals with EDs sometimes use diuretics to maintain a lower body weight. Because diuretics increase the rate at which the body rids itself of fluids, those taking them experience an increased urge to urinate and may urinate more frequently.



Chronic Dehydration

Diuretics and restrictive food and fluid intake can cause dehydration, leading to constipation, as well as depleted electrolytes and nutrients. This can increase urine production, causing increased urgency, frequency, and dysuria.



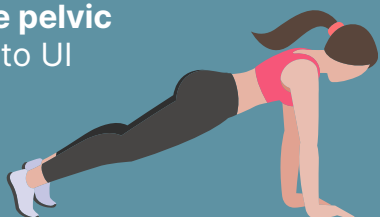
Weight Fluctuation

Weight gain adds abdominal pressure on the bladder and pelvic floor muscles. Weight loss causes a primal hunger instinct, leading to binge eating and purging, which can cause UI symptoms.



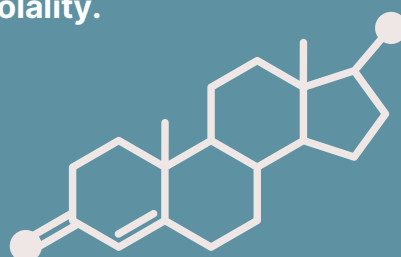
Over Exercising

Strenuous exercise can increase the amount of pressure placed on the pelvic floor muscles, leading to UI symptoms.



Hormonal Changes

There are substantial endocrine consequences seen in individuals with EDs. Anorexia nervosa has the most severe negative impacts on the endocrine system. Endocrine changes include hypothalamic amenorrhea, decreased levels of leptin, incretins, insulin, and amylin, and low plasma sodium and osmolality.



If you or someone you know is currently struggling with an ED, please contact the ANAD Hotline.

 1-888-375-7767