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Today's Health Topic

Build a better bladder



A leaky bladder or a sudden urge to go to the bathroom is uncomfortable and embarrassing. But you can take steps to alleviate the problem. "Some people tell me they would have sought treatment sooner if they'd known it was this simple," says Dr. Anurag Das, director of the Center for Neurology and Continence at Harvard-affiliated Beth Israel Deaconess Medical Center.

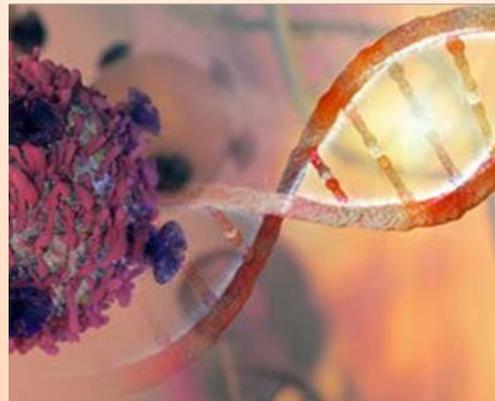
Lifestyle changes

One of the first lines of defense is pill-free and costs nothing: lifestyle change. For urge incontinence, you can try timed voiding (urinating on a schedule) and bladder guarding, which teaches you to cope with triggers that set off the urge to go, such as washing dishes or hearing water. "You squeeze your muscles to hold in urine before a trigger, which sends a message to the brain that this is not the time to go," says Dr. Das. Other lifestyle changes include watching fluid intake; quitting smoking, to reduce coughing and pressure on the bladder; and minimizing bladder irritants such as caffeine, alcohol, and carbonated drinks.

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Ginger

The scientific community also recognizes [ginger](#) as a natural antibiotic. Several studies, including one published in 2017, have demonstrated ginger's ability to fight many strains of bacteria. Researchers are also exploring ginger's power to combat seasickness and nausea and to lower blood sugar levels.

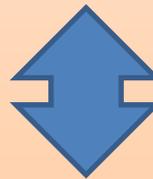


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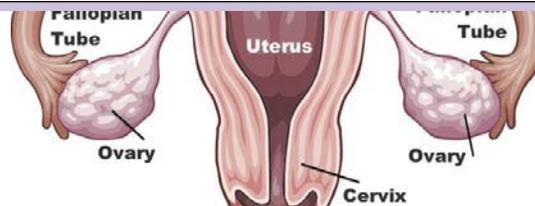
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Psoriasis cannot spread from person to person and is not currently curable.

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