



DARE TO AGE WELL



Institut universitaire
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AFFILIÉ À
Université 
de Montréal

Fonds de recherche
Santé

Québec 

ERA AGE 2

European
Research
Area in
Ageing



Let me introduce myself

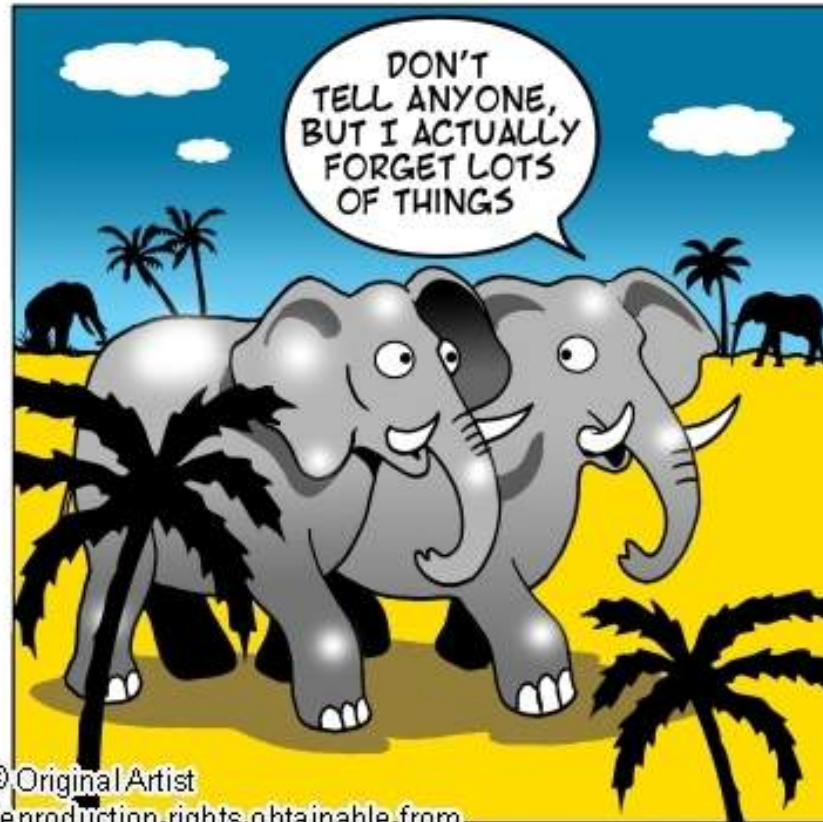
Today's workshop

- Is part of an international research project
- You are not part of the project unless you indicate your intention to me
- Everything is confidential



- Memory problems
- Bladder problems

Our topics today



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Memory Problems

- Memory is a component of the brain. It is the faculty of recalling what we have seen, learned, etc.
- One of the functions of the brain is to encode, store and retrieve information.
- Different types of memory:
 - short-term memory (groceries)
 - long-term memory (childhood)
 - for faces, words, actions (riding a bike)

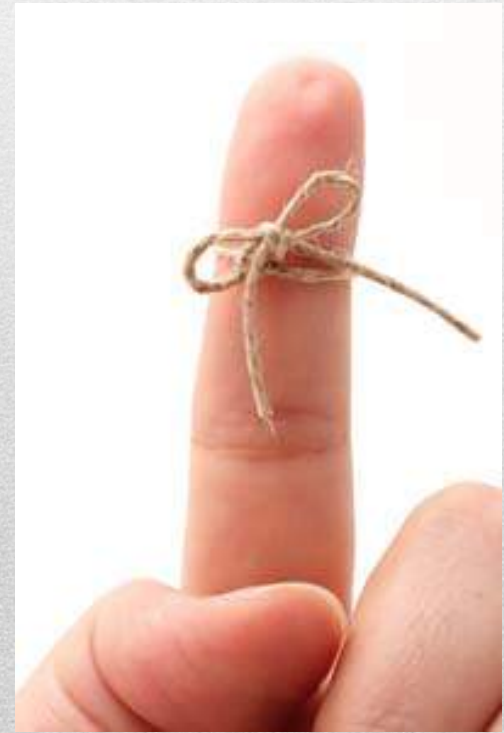


What is memory?

Memory Problems

Does this sound familiar?

- When I go shopping, I often forget where my car is parked.
- I often cannot remember where I left my keys.
- I walk into a room and forget what I came in for.
- I just cannot name that tune or put a name to a face.



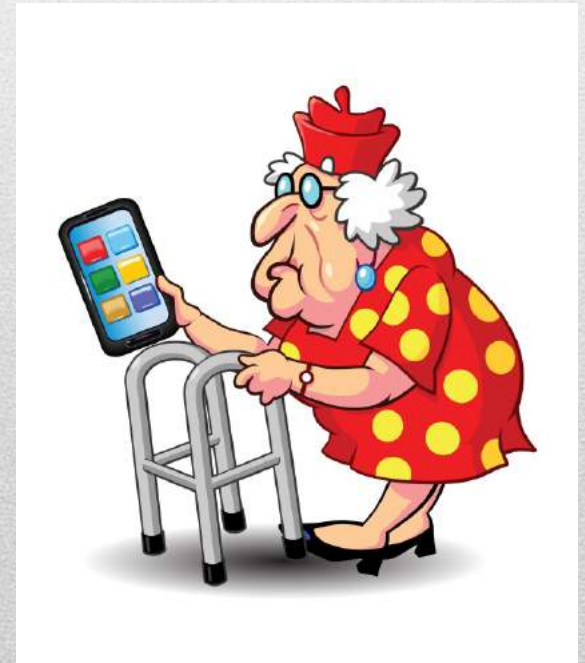
Forgetfulness IS a normal part of memory function

In both older and younger people, forgetfulness usually stems from:

- not paying attention (thinking of your grocery list while someone is talking to you)
 - information that is conveyed too quickly (not enough time to absorb it properly)
 - information in your memory that is temporarily inaccessible (but comes to you later)
-

1. Take your time
2. Pay more attention
3. Make associations
4. Train your memory
5. Use all your senses
6. Make good use of your agenda (3 P)
7. Use memory aids
8. Apply healthy lifestyles habits:
 - Exercise
 - Get a good night's sleep
 - Eat well
 - Reduce stress
 - Avoid certain medications
 - Get certain diseases under control

What can you do?



Memory problems that are NOT normal

- Forgetting how to do things you've done many times before (like buttering your toast).
 - Having trouble learning new things that you could have easily learned in the past (e.g. how to say hello in a new language).
 - Repeating sentences or facts in the same conversation.
 - Having trouble making choices or handling money.
 - Experiencing changes in your behaviour (forgetting your manners).
 - Losing interest in favorite activities and not looking after yourself (torn clothes, messy hair).
-

- 50% of people over the age of 50 complain about their memory.
- 75% of people over the age of 75 complain about their memory.
- Only 7% of 65 to 74-year-olds suffer from dementia, such as Alzheimer's disease

Statistics



Are you worried?

- Talk to your doctor
- Have your memory tested by a health professional



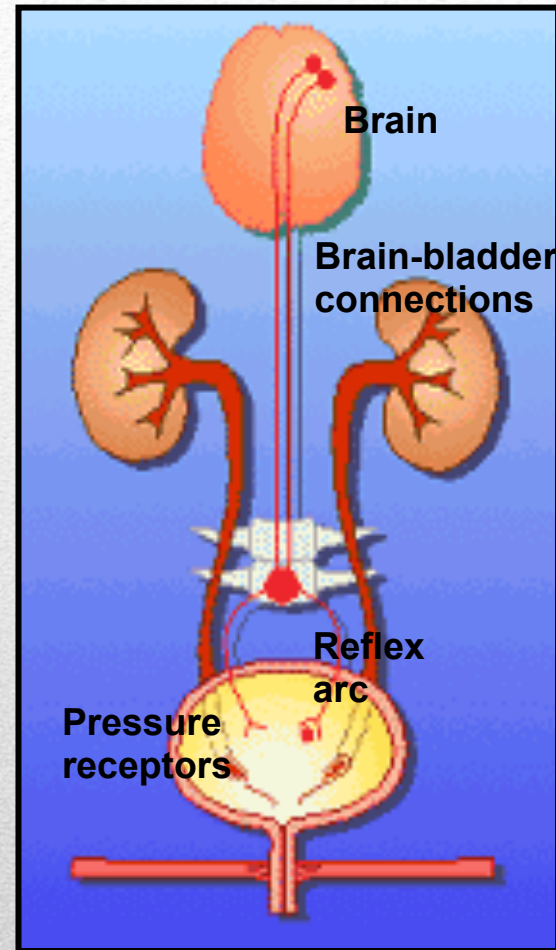
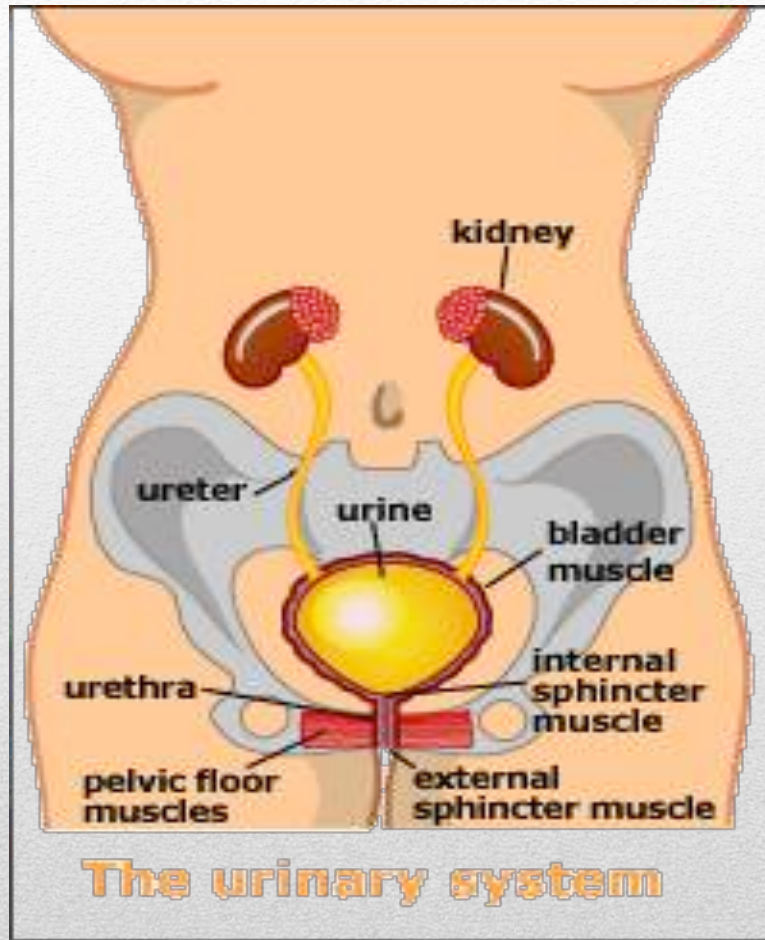


Bladder Problems

Test your knowledge

- Is urinary incontinence a normal part of aging?
- Is wearing sanitary protection the best way to manage incontinence?
- Can taking sleeping pills make incontinence worse?
- Are tea and coffee bladder irritants?
- Are pelvic floor strengthening exercises effective even if I do them only once a week?
- Can urinary incontinence be cured or prevented once I am 90 years old?





How does the bladder work?



Incontinence is

.....any involuntary leakage of urine

Incontinence IS

A symptom that something is wrong

- with the bladder
- with the pelvic floor muscles that hold in the urine
- with brain-bladder communication
- somewhere else in the body (arms and legs even!)



Incontinence is NOT

- A normal sign of ageing
- An illness
- A reason to buy sanitary pads for the rest of your life
- Something that is not amenable to CURE, treatment, or prevention



- Very common
 - *1 in 2 woman over the age of 60*
- Bladder problems are embarrassing and can affect self-esteem
 - *Limit daily activities*
- The majority of women can be cured or significantly improved **WITHOUT** medications or surgery
 - *Even at age 98!*



Why talk about bladder problems?



- Very delicate topic to discuss.
- Most women believe it is normal to have leakage as they get older.
- “Below the belt” is off-limits after child-bearing years
- “Not bothersome enough”- “I wear pads”.
- My doctor thinks I’m managing fine.
- Lack of knowledge about other simple treatments.

The bladder is a “taboo” topic!

Research shows that...

- Over age 60:
 - 15% of men suffer from incontinence
 - 55% of women suffer from incontinence



Although it is “COMMON” it is certainly not “NORMAL”



And if it is not “NORMAL”, it can and should be corrected!

Once incontinent – forever incontinent?



NO!

50-75% of women aged 60+ with urinary incontinence can be cured or improved without medicine or surgery

Stress incontinence

- The pelvic floor muscles are not strong enough to hold in the urine.



Urgency incontinence

- The bladder is « overactive » and you feel desperate desires to urinate which you cannot control.



Different types of incontinence

Mixed incontinence

- A mix of stress and urgency incontinence



Functional incontinence

- Due to reduced mobility, arthritis, stroke etc.



Nocturnal incontinence

- You cannot control your bladder at night



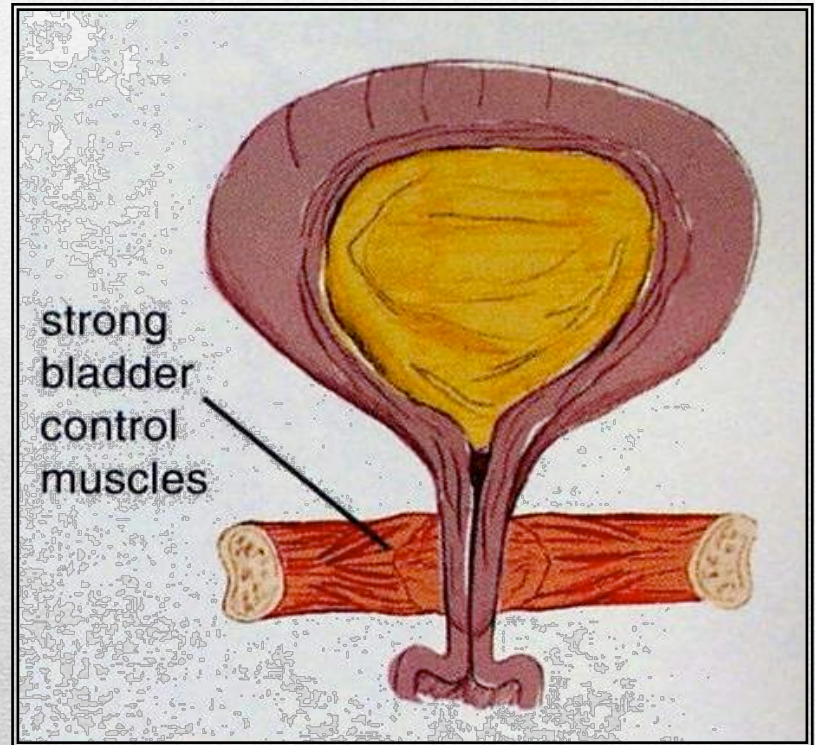
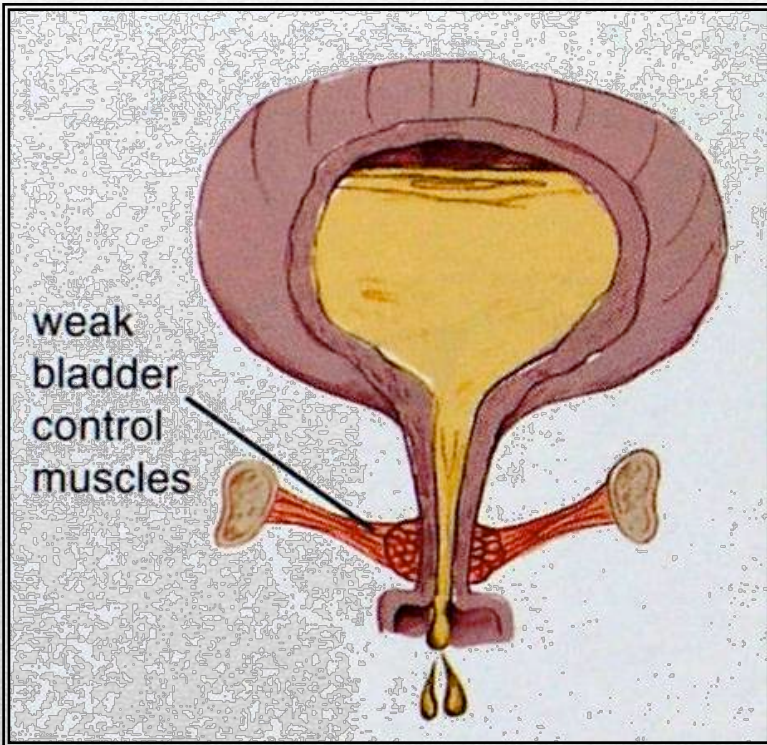
Other types of incontinence

- Food and drink
 - Caffeine
 - Alcohol
 - Very acidic fruits and juices
 - Spicy foods
 - Too much water (> 1.5 L/3 pints/6 cups per day)



Bladder irritants

Weakness of the pelvic floor muscles

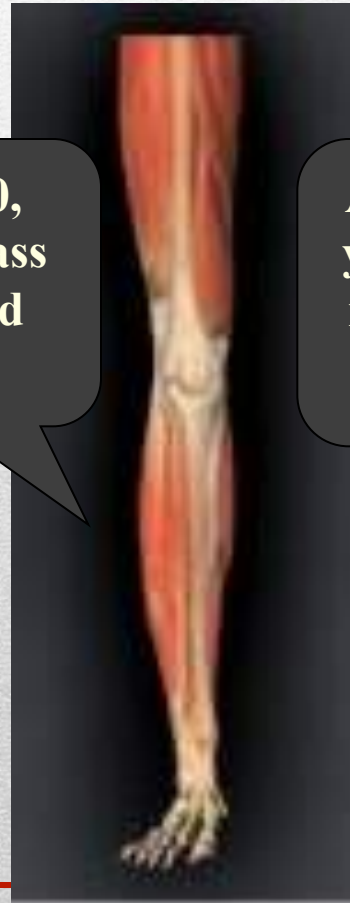


Muscle tissue diminishes with age

At age 30,
muscle mass
is intact



At age 50,
muscle mass
is reduced



At age 70...if
you don't use
it you lose it!



- Certain conditions can weaken the pelvic floor muscle:
 - Constipation
 - Obesity
 - Chronic cough



Other causes



Some factors can aggravate incontinence:

- Oedema (leg swelling)
- Diabetes
- Arthritis
- Diuretics/water tablets
- Sleeping pills
- Hormone replacement therapy
- Medications that can cause oedema
 - Anti-inflammatories
 - Certain types of blood pressure pills
 - Certain types of pills for diabetes
 - Certain types of pills for pain

Other causes

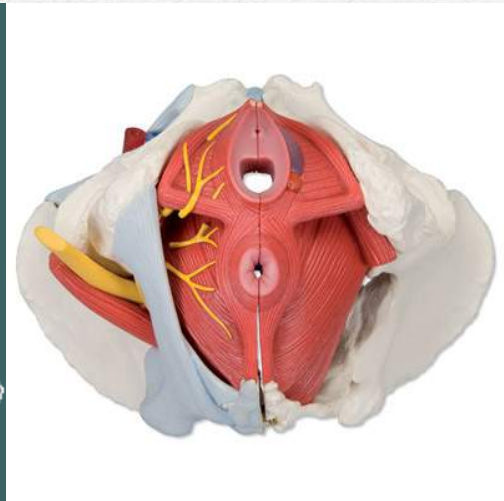
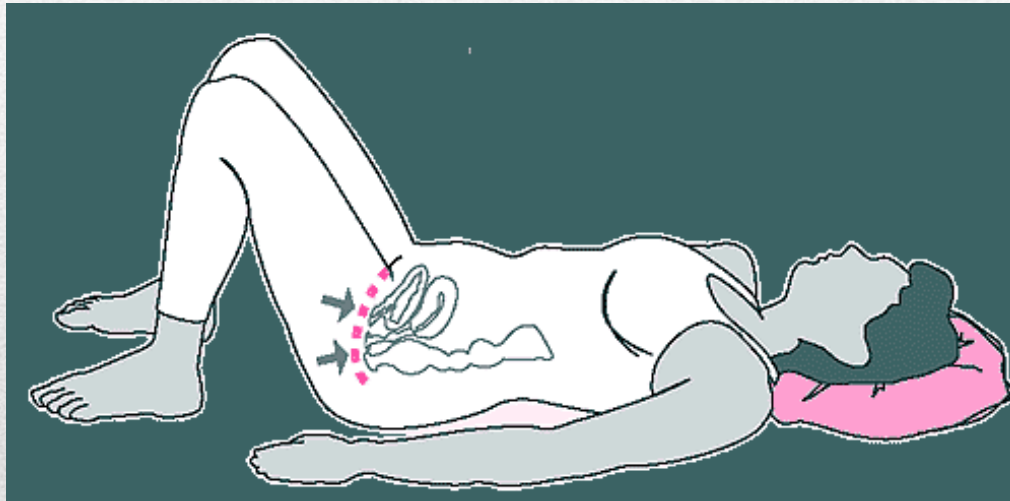
Change your lifestyle habits

- Limit consumption of food irritants
- Avoid caffeinated drinks
- Avoid constipation
- Maintain a healthy weight
- Drink 1.5 L/3 pints of fluid per day
- Wear support stockings to prevent leg swelling
- Discuss your medications with your doctor or pharmacist

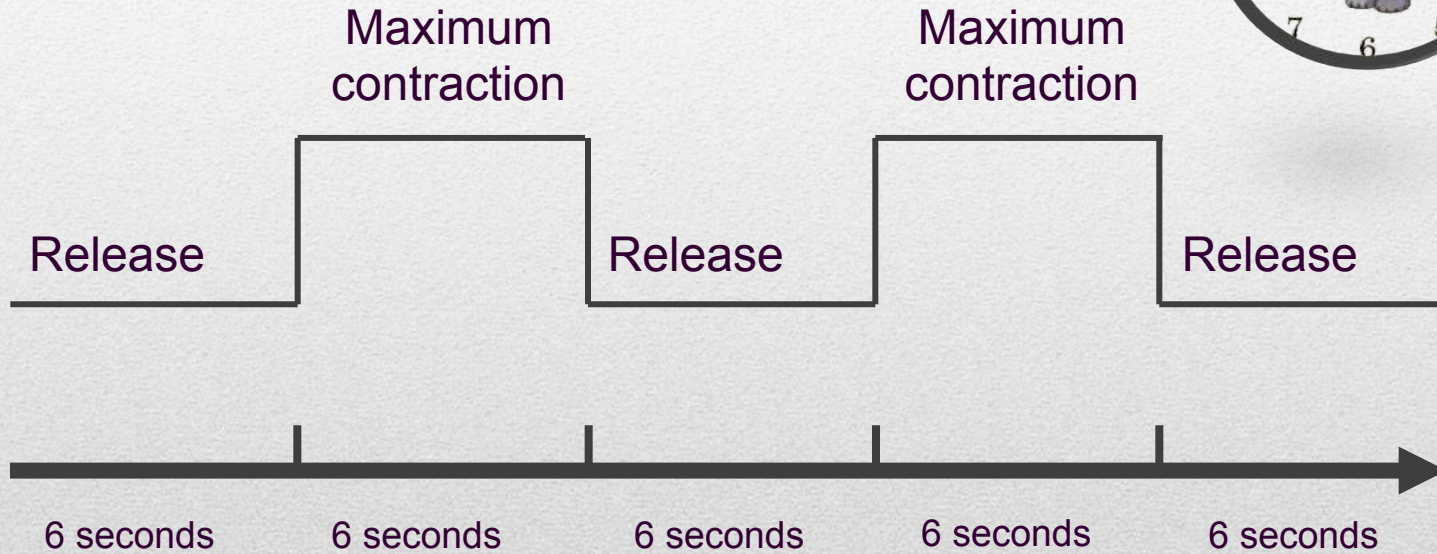
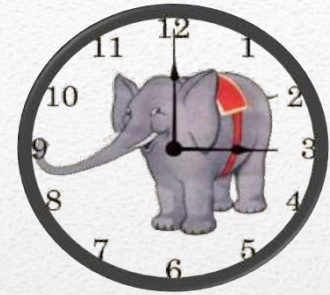


Easy solutions

Focus on the right muscle!



3 different exercises



Strength

Standing up behind a chair



Contraction

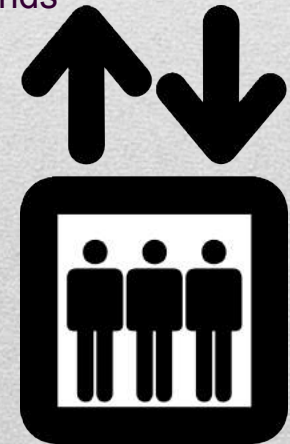
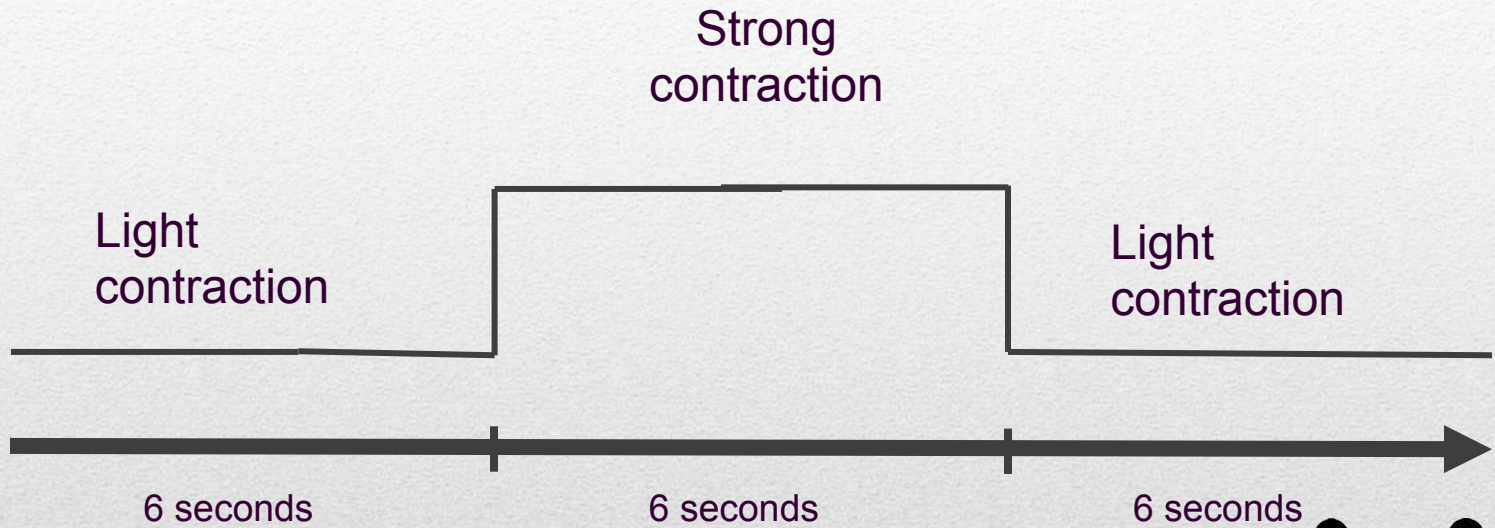
Release

Cough

Release

Coordination

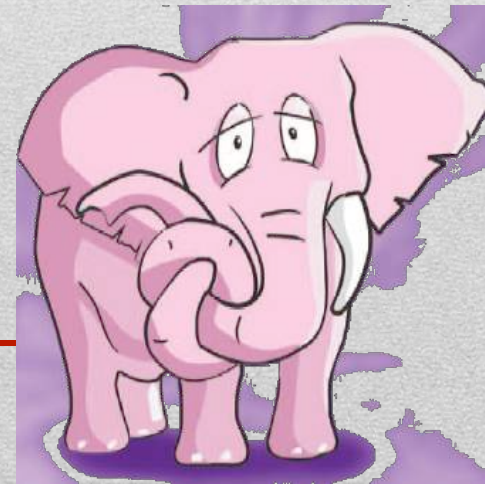




Endurance

- Do the exercises regularly and correctly.
- Follow the 12-week programme and continue on.
- Increase the level of difficulty every 4 weeks (lying down, sitting, standing up).
- Pick a quiet time during the day to practice the exercises.
- Prioritise quality over quantity.

Daily routine



Urge control techniques

- Stop!
- Sit down!
- Contract the pelvic floor muscles quickly and repeatedly 8 times!
- Walk slowly to the toilet!
- Distract your brain:
attempt to find the name of
a boy and a girl for each
letter of the alphabet

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"I've reached that age where I've given up on Mind Over Matter and am concentrating on Mind Over Bladder."

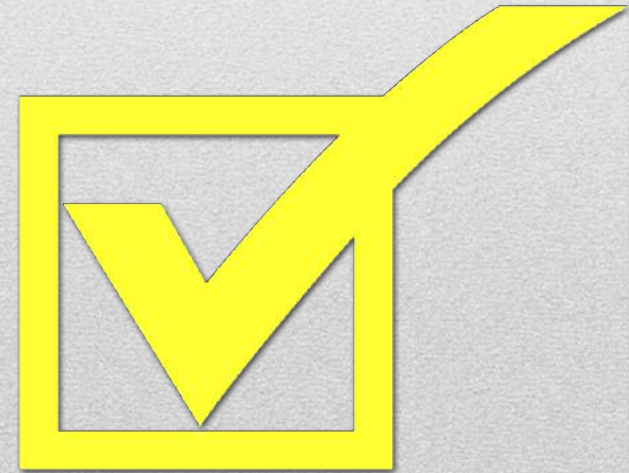
Good News.....



It's never too late to start!

Did you know?

- Most people who perform pelvic floor strengthening exercises and who use distraction techniques regain control of their bladder problems.
- For the remainder, other solutions exist :
- Physiotherapy
- Pessaries
- Bladder medication
- Surgery



Test your knowledge

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Incontinence is a problem for you IF...



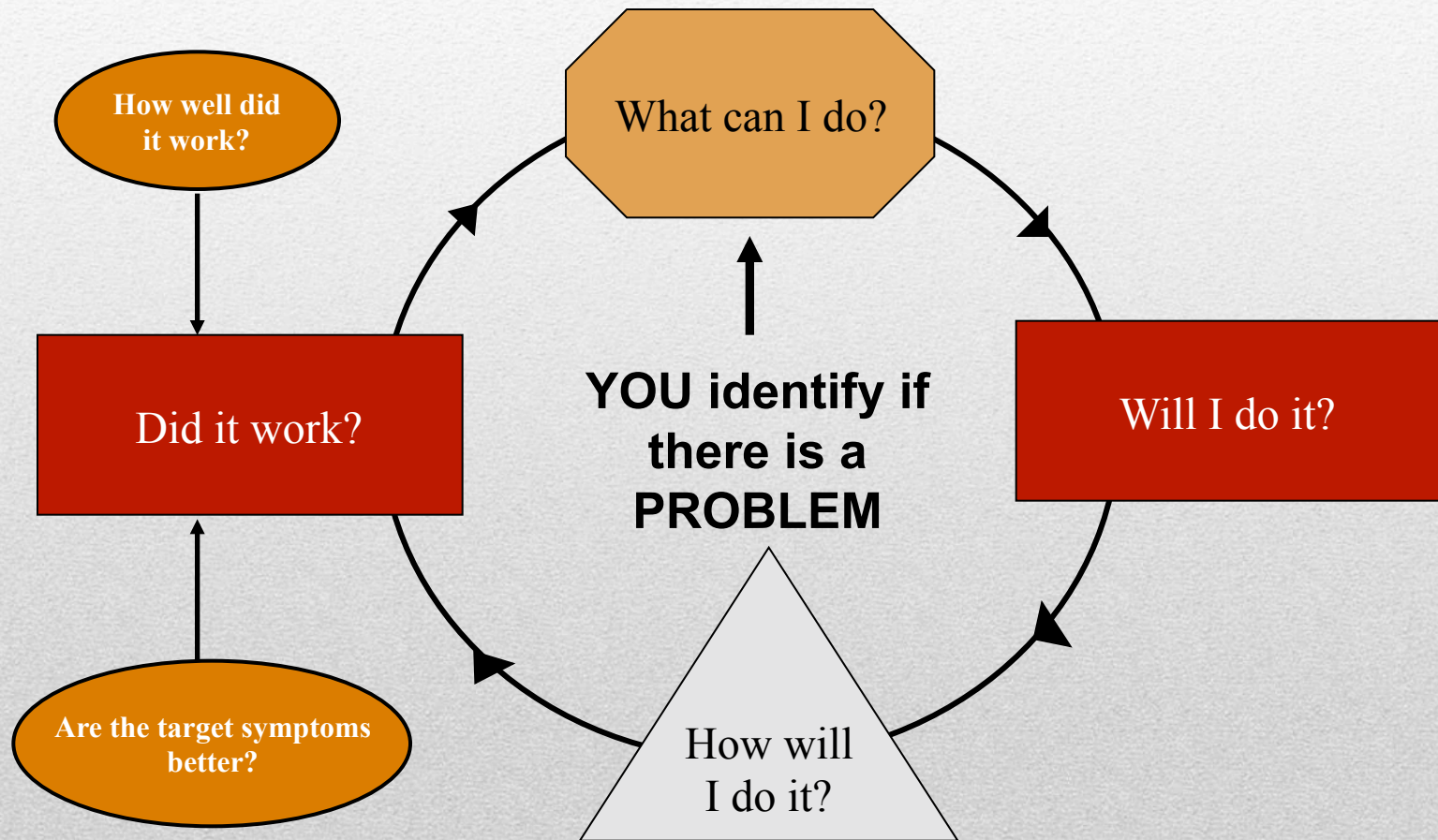
- You cannot reach the toilet without leaking urine.
 - You leak when you cough, sneeze, lift a heavy object, get up from the sofa, walk.
 - You wake up more than twice per night and do not reach the toilet on time.
 - You wear a pad or other protection every day.
 - You worry about leaking when you leave the house.
 - You know where all the public toilet facilities are in your neighborhood!
-

If yes, isn't it time that you took control of your bladder?



"My bladder is more active than I am."

Empowerment is when YOU take charge of YOUR health



Why is it important to “self-manage”

People with a chronic illness spend on average

2 hours

per year in direct contact with
a healthcare provider



In the other **8 758 hours** of the year, the
individual manages the illness on their own.



Make it happen



You are invited to participate in our study!

Your participation



- We call you!
 - 5 phone interviews over 1 year (every 3 months)



- All information is kept confidential.



- You can withdraw from the study at any time, no explanation required.

Sign the consent form!

Merci!

Beautiful young people are accidents of nature, but beautiful old people are works of art.

-- Eleanor Roosevelt (1884-1962)

