

BLADDER PROBLEMS AND PARKINSON'S DISEASE



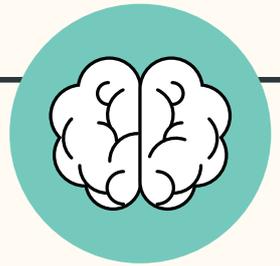
Bladder problems happen for many people with Parkinson's disease (PD) as the condition progresses. The most common symptoms experienced are the need to urinate frequently and difficulty delaying urination or needing to rush to the toilet. You might also need to get up many times during the night to go to the toilet. This can be challenging for you and your partner. Going to the toilet at night is made more difficult if you have trouble turning in bed or getting out of bed without assistance. There are several ways to help you deal with bladder problems. It is important to talk to your doctor about bladder problems because it might be a treatable infection.

URGE INCONTINENCE

Urge incontinence is when you feel the need to urinate immediately, at times without warning. This means that you can't 'hold on' when you feel the urge to go. As a result, you might not reach a toilet in time. If you have difficulty getting up from a seat and walking to the toilet, it might take longer for you to reach the toilet.

URINATING AT NIGHT

You might need to go to the toilet more than once or twice at night, which may be because of an overactive bladder or an increase in urine production. This may wake you up, or your bladder may empty while you are sleeping. If Parkinson's drugs have worn off during the night, it may be harder to get to the toilet in time, particularly if it is far away.



TIPS TO HELP WITH BLADDER PROBLEMS

- **Diet and lifestyle:** don't reduce the amount of water you drink, but try reduce your tea and coffee intake; exercise often and stop smoking
- **Bladder training:** try to 'hold on' to strengthen your bladder
- **Catheter:** if your incontinence is difficult to manage, using a catheter (a tube in your bladder) can help, speak to your doctor about this
- **Container at night:** if you find it difficult to reach the toilet at night, try to have a bucket or container next to your bed for you to urinate in
- **Adult pads:** there are pads that you can use, designed for adults, to wear in your underwear that can assist with any leaking of urine during the day or night (make sure to change these as often as needed)
- **Bed protection:** use a plastic bed cover to protect your mattress (wash this when needed)
- **Don't rush:** try not to rush to the toilet to avoid falls
- **Don't leave it too late:** try not to leave it to the last minute to go to the toilet, give yourself enough time to reach the toilet, anticipate when you might need to go



Join a local support group to learn more and meet other people with Parkinson's disease:

Nairobi: 0722722090

Mombasa: 0707564733

Kisumu: 0710884431

For more information about Parkinson's disease visit:

www.parkinsonkenya.wixsite.com/website

OR

www.parkinsonsafrica.com



Created by Natasha Fothergill-Misbah



SHIDA ZA KIBOFU CHA MKOJO NA UGONJWA WA PARKINSON



Ugonjwa wa Parkinsons unapozidi wagonjwa wengi hupata shida za kibofu cha mkojo. Dalili za kawaida huwa kuhisi kukojoa mara kwa mara na ugumu wa kuzuia mkojo ama kuhitaji kukimbia chooni. Unaweza kuwa na hisia za kuenda chooni usiku mara kwa mara. Hii inaweza kuwa changamoto sana kwa mgonjwa na mwenzi. Kuenda chooni usiku unaugumu kama unashida ya kupinduka kitandani bila usaidizi. Kuna njia mingi za kusaidia shida za kibofu. Ni muhimu kuzungumza na daktari wako kuhusu shida hizi sababu yaweza kuwa na matibabu.

KUTOWEZA KUHIMIZA MKOJO

Kutoweza kuhimiza mkojo ni wakati mgonjwa huhisi kukojoa kwa haraka bila kuweza kujizuia au bila onyo.

Mara mingi mgonjwa hawezi fika chooni kwa haraka. Hii ni ngumu ikiwa una shida kusimama na kutembea, itakuchukua muda mrefu kufika chooni.



KUENDA CHOONI USIKU

Unaweza hisi kuenda chooni mara mingi usiku kwa sababu kibofu cha mkojo kinafanya kazi kupita kiasi au kinaweza toa mkojo mingi. Shida hii inaweza kuamsha au unaweza kojoa kitandani. Kama dawa za Parkinsons zimeisha mwilini usiku inaweza kuwa ngumu kufika chooni kwa wakati haswa kama cho kiko mbali.



VIDOKEZO VYA KUSAIDIA NA SHIDA ZA KIBOFU CHA MKOJO



- **Lishe bora na maisha bora:** usipunguze kiasi cha maji unayoyakunywa ila jaribu kupunguza chai na kahawa unayoyakunywa ,fanya mazoezi mara kwa mara na wacha uvutaji wa sigara
- **Mazoezi ya kibofu cha mkojo:** jaribu kushikilia ili kuimarisha nguvu ya kibofu cha mkojo
- **Katheta:** kama unaugumu wa kuhimiza mkojo unaweza zungumza na daktari wako kuhusu matumizi ya Katheta
- **Tumia ndoo usiku:** ukiwa na ugumu wa kufika chooni usiku, jaribu kuwa na ndoo ama mkebe karibu na kitanda
- **Pedi za watu wazima:** Pedi huzuia mkojo mchana na usiku (hakikisha unabadilisha pedi mara kwa mara)
- **Ulinzi wa kitanda:** tumia ulinzi wa plastiki kukinga kitanda chako na kioshe kinapohitajika
- **Usikimbie chooni:** ili kuzuia kuanguka
- **Usiache imechelewa:** tumia cho muda tu unapohisi kukojoa na usingoje kwa muda mrefu



Jiunge na kikundi cha msaada kilicho karibu ili ujifunze zaidi na uonane na watu wengine waliyo na ugonjwa wa parkinson



Kwa habari zaidi angalia:

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www.parkinsonkenya.wixsite.com/website

AMA

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