

# What could be causing your problem?

## What could be making your problem worse?

### 1. **Bladder Irritants:** Things that make you want to wee more often.

Did you know that Caffeine is a great bladder irritant – so that's not just coffee but also green tea and normal tea. And don't forget chocolate! Coke is a recipe for disaster. Not only does it contain caffeine but it also has artificial sweeteners and is carbonated. All three factors irritate the bladder. Training gels and energy drinks are also big culprits.



### 2. **Being overweight:**

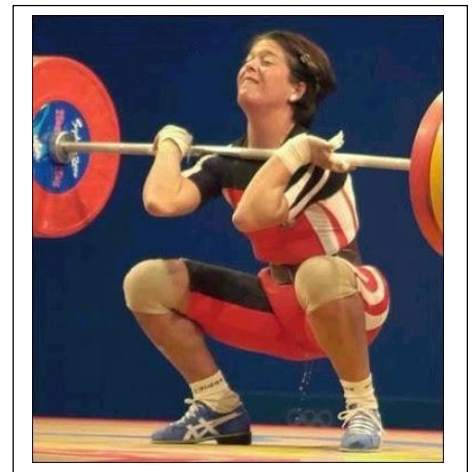
When you carry weight around your middle it is also indicative of increased weight inside, around your internal organs. All this extra weight presses down on your pelvic floor and can weaken it.

As the western world becomes more obese so does the incidence of bladder weakness problems!

### 3. **Activity:**

There are certain exercises and activities that increase the pressure on the pelvic floor. Activities like Cross Fit is great fun, great for the rest of your body but very often a disaster for your pelvic floor and prolapse in young women doing this activity is on the rise.

Look carefully at this picture – she really is peeing!



### 4. **Posture:**

Holding your pelvis in a good position as you sit, stand and move with strong core muscles allows the optimum performance of your pelvic floor. Dodgy posture will throw your pelvis out of alignment and your pelvic floor won't function nearly so well.