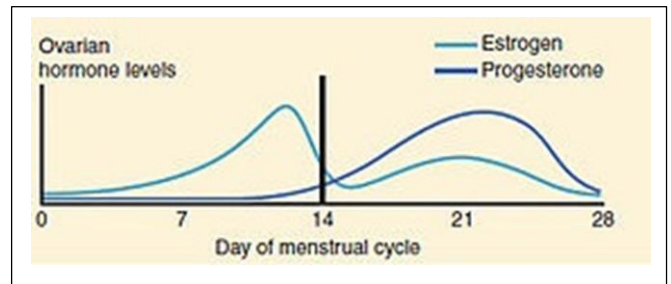
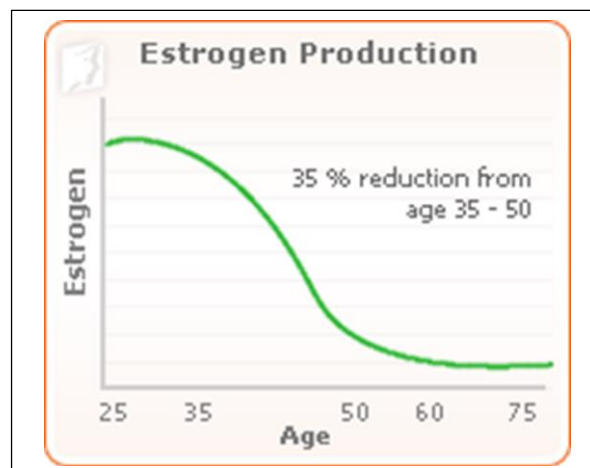


Could your bladder weakness be caused by your hormones?

For some pre-menopausal women they only experience leaking during the week before their period. Oestrogen levels fall to a very low level at this time in your cycle. Oestrogen is a very important hormone for sustaining muscle strength you're your pelvic floor is already on the weak side then this will lead to leaking. You may only feel this if you run, do boot camps or cross fit.



If you are older and are either side of menopause you will be susceptible to hormone related weakness. From the age of 35 our oestrogen levels drop and by the time we hit menopause they are very low. This is why we need to work differently to stay strong throughout our body and to keep the weight off.



Take Action

If you think this may be you see your Pelvic floor physiotherapist for a full assessment and go to your doctor / gynaecologist to have your hormone levels measured.

You may need to insist on having your levels measured and, if you need hormone supplements, bio-identical hormones are recommended.