

Urine trouble

ANCHOR LEDE

As a kid, you probably held your pee on long car rides. Experts say that can be a real problem that continues into adulthood.

TAKE VO

OSF HealthCare urologist Doctor Uwais Zaid says dementia, M-S, and an enlarged prostate can lead to holding urine. The problem can mean UTIs, bladder stones, and kidney damage.

So, how do you train yourself to pee often? Plan ahead and know when you can take breaks. Remind seniors to get up and go. And, try something called the “double void.”

SOT

Dr. Uwais Zaid (ew-WAYS // ZAYD)

OSF HealthCare urologist

“You get to the toilet. You get done peeing. Wait 30 seconds, and then try to get a little more out. But don’t bear down and push because that creates trauma for your pelvic floor.” (:12)

VO TAG

Dr. Zaid says worst case scenario, your bladder stops working, and you need a catheter.