

Urine trouble

SOT

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

urologist who sees patients at OSF HealthCare

"In the medical field, we see this all the time. When you're rushing from patient to patient, doctors, nurses and technicians might not go to the bathroom as much as they should. They hold their urine the whole day." (:11)

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"Then there's another subset of people who just don't have the desire to urinate. There's something medically wrong. As we get older, we can get dementia and be forgetful. So sometimes people just forget they need to urinate. Sometimes, you can have lack of bladder sensation from neurological conditions like multiple sclerosis. Or they might have had their bladder stretched for so long due to things like an enlarged prostate or scar tissue in the urethra." (:30)

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"It does increase your risk of urinary tract infections [UTIs]. Your bladder is almost like a swamp instead of flowing like a river. You have stagnation of urine. It can increase the risk of bladder stones. Also, the bladder is connected to the kidneys. It's one fluid column. So if your bladder gets really distended, it can back up and hurt your kidneys. You can get kidney swelling. And when the bladder is chronically distended, you can get pouches called bladder diverticuli. Those pockets can hold on to urine and be sources for infection." (:43)

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"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)

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"We can look inside the bladder with a camera. We can do a urodynamic study, which tells us about bladder function." (:08)