

There are many things that can affect one's bladder health. Some things we can control and other things, we simply cannot. Prevention is always key.

A synergistic formula, such as Strauss Bladder Support Drops™, can help to tone and support bladder health.

### Factors that can affect Bladder Health:

- Constipation can put pressure on the bladder and keep it from expanding the way it should.
- Diabetes can damage nerves around the bladder that help with bladder control
- Being overweight may increase risk for leaking urine
- Smoking can increase the risk for bladder cancer
- Some medicines may make it more likely for your bladder to leak urine. (For example, medicines that calm the nerves may dull the nerves in the bladder, so you may not feel the urge to go to the bathroom)
- Caffeine, alcohol and certain foods such as apples, can bother the bladder.
- Pelvic Injury or trauma—such as prostate surgery or childbirth can damage the muscles and nerves that help control the bladder
- Hormonal changes: Bladder issues are more common after menopause due to hormone changes and changes in the urinary tract.



### Signs and Symptoms of a Bladder Problem

Leaking urine (called urinary incontinence) - Needing to urinate eight or more times in one day - Frequently waking up at night to urinate - Sudden and urgent need to urinate - Pain or burning while urinating - Cloudy urine or blood in urine - Passing only small amounts of urine after strong urges to urinate - Weak stream while urinating – Difficulty voiding the bladder (Note: in some elderly people, mental changes and confusion may be the only signs of a UTI. Older adults with a UTI are more likely to be fatigued, shaky, weak and have muscle aches and abdominal pain.)

### Did You Know?

Urinary Incontinence can also be caused by a Urinary tract infection (UTI) or Interstitial cystitis (IC). Although UTI's are the most common cause, one must also consider IC as a possible cause, especially if symptoms are ongoing. Interstitial cystitis is a chronic, inflammatory and painful pelvic and bladder condition, not caused by an infection. Many people mistake IC for UTI's because the signs and symptoms are similar. In men, interstitial cystitis can also be confused with chronic prostatitis.

### Therapeutic and Medicinal Benefits of Bladder Drops

The synergistic blend of herbs in the Strauss Bladder Support Drops™ formula, work together to alleviate pain, inflammation, cystitis, UTI's, and prevent kidney and bladder stone formation. This proprietary blend of herbs has long been considered safe and effective in addressing complaints of the urinary tract. Strauss Bladder Support Drops™ formula can also lower androgens, which can alleviate chronic pelvic pain, bladder disorders and decreased sex-drive in both men and women.

### Conclusion

Limiting alcohol, caffeine, and smoking, with the addition of eating cranberries, yogurt, and drinking more water, will help with overall bladder health. In addition to dietary and lifestyle changes, one may take Strauss Bladder Support Drops™ to tone and support bladder health. For best results take with Strauss Heartdrops®.

### Precautions

Always check with your healthcare provider, especially in the case of cancer, before starting on any new supplements.



## STRAUSS FOR URINARY SUPPORT

**PROSTATE  
SUPPORT  
-DROPS™**

**KIDNEY  
SUPPORT  
-DROPS™**

**BLADDER  
SUPPORT  
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