

Weight Loss And Smoking How it Affects Your Bladder

A healthier body
A healthier bladder
A healthier life

Weight Loss

In a medical study, moderate weight loss in a group of overweight women resulted in a nearly **50% decrease in urinary frequency of urinary incontinence.**

Smoking

Smoking irritates the bladder and can cause frequent urination. Smoking also contributes to a chronic cough, which results in pressure on the pelvic floor muscles, leading to incontinence (urine leakage.)

Smoking also increases your risk of bladder cancer.



General Health Risks

Obesity also increases the risk of:

- High blood pressure (Hypertension)
- Cholesterol abnormalities
- Diabetes.
- Coronary heart disease
- Stroke
- Gallbladder disease
- Sleep apnea and breathing problems.
- Body pain
- Difficulty with physical functioning

Smoking also increases the risk of:

- Cancer
- Heart disease
- Stroke
- Lung diseases
- Cronic obstructive pulmonary disease (COPD)
- Diabetes

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