

9 Tips to Improve Your Sexual Health!

A Men's Health Guide

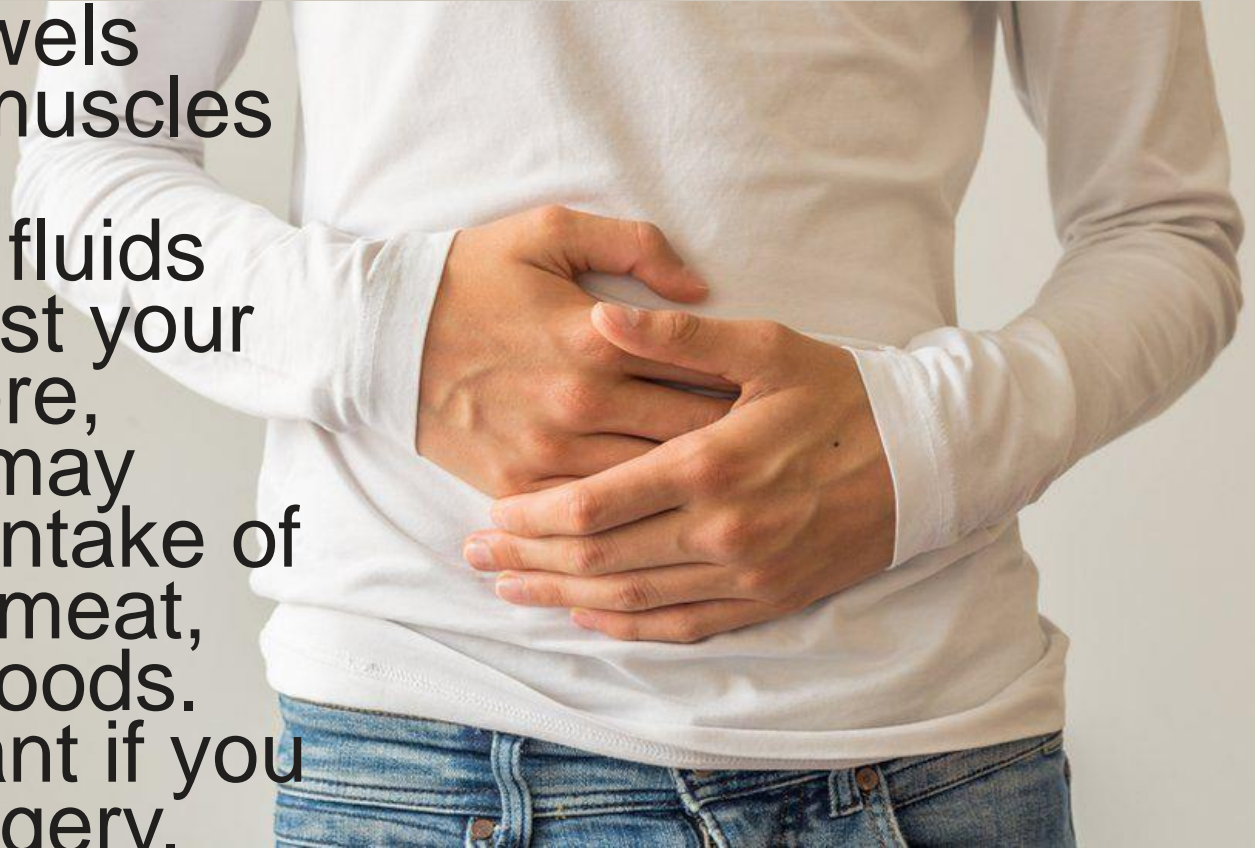
Movement Changes

Try to tighten your pelvic floor muscles when coughing, laughing or sneezing. This can help to prevent leakages. You can do this by imagining you are trying to stop the flow of urine. Slowly squeeze and lift the muscles. You may feel the base of your penis move up towards the abdomen as you squeeze.



Avoid Constipation

Straining to open your bowels stretches the pelvic floor muscles making them weaker. It is important to drink enough fluids and you may need to adjust your diet to include plenty of fibre, vegetables and fruit. You may also need to reduce your intake of certain foods such as red meat, milk or dairy, fried or fast foods. This is particularly important if you have just had prostate surgery.



Drink Enough Fluids

Try to drink enough water and aim to drink at least 1.5-2 litres (more if you will be exercising) a day. Do NOT restrict your fluid intake. This can actually make your symptoms worse as your urine will be more concentrated. Regular drinking at the same time each day is best.



Avoid Being Overweight

Maintaining a healthy weight can make a big difference to your symptoms, by reducing the strain on the pelvic floor muscles to help control bladder and bowel movements. If you struggle with your weight, speak to a medical professional for help.



Reduce your caffeine intake

Caffeine is a diuretic which means it increases your need to urinate. Avoiding caffeinated energy drinks like red bull and switching to decaf coffee will help reduce the urge to urinate frequently.



Exercises to Avoid

Heavy weightlifting, double leg lifts, straight leg sit ups and high impact exercises such as jumping and running can put increased stress and pressure on the pelvic floor muscles.



Bladder Emptying

The bladder usually empties every 2-5 hours. You may need to train your bladder to hold more by delaying techniques when you feel the urge to go such as: keeping calm and tightening your pelvic floor muscles, sitting on a hard surface, curl your toes hard, distract your mind e.g. counting backwards or singing a song.



Cycling

If you cycle for long periods make sure you raise yourself off the saddle at regular periods to take pressure off your perineum. Consider wearing padded shorts. Special saddles have been designed to help avoid this problem.



Visit a Men's Health Physiotherapist

A recent study found that 47% of men with Erectile Dysfunction recovered completely with physiotherapy intervention. A specially trained physiotherapist can teach you exercises to strengthen your pelvic floor muscles as well as using biofeedback and electrical stimulation. Physiotherapy has been proven to help with a wide range of men's health problems.

