



FOR IMMEDIATE RELEASE

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Oklahoma HMO provides bladder control information

More than 25% of Americans suffer from a bladder condition

OKLAHOMA – More than 33 million Americans suffer from a bladder condition. This is a common problem but can be embarrassing. GlobalHealth is providing tips for Oklahomans to take back control of their bladders.

“Many people with bladder problems do not tell anyone,” said Devin Wilcox, assistant vice president at GlobalHealth. “But there is no need to feel embarrassed or suffer in silence. A leaky bladder can affect you emotionally and psychologically. That is why it is important to be honest with your primary care physician.”

GlobalHealth is providing information to raise awareness of bladder conditions.

What is a bladder condition? A bladder condition is the loss of bladder control or leaking urine. This can be caused by the nerves that control your bladder muscles.

What are the types of bladder conditions? Some of the main types of bladder conditions are overactive bladder, urinary retention and stress urinary incontinence. An overactive bladder happens when you need to go but cannot control the urge and leakage occurs. Urinary retention happens when you need to go but cannot. Leakage during exercise, sneezing or laughing may be a sign of stress urinary incontinence.

Who is at risk? Incontinence is twice as common in women than in men. This is due to pregnancy, childbirth and menopause, which can all affect the bladder. Older women are the most at risk. More than 40% of women over the age of 65 experience a bladder condition.

Take back control. You can help control your bladder by watching your diet. Shedding extra pounds can keep pressure off your bladder. You should also cut down on alcohol, caffeine and chocolate and drink smaller amounts of fluids. Talk to your primary care physician about exercises to train your bladder as well as specialized methods of bladder control, including medication.

About GlobalHealth

GlobalHealth is changing health insurance in Oklahoma. As an industry leader, GlobalHealth is an Oklahoma-based health maintenance organization covering individuals in all 77 Oklahoma counties. Working proactively with its members, GlobalHealth engages a personalized management plan to address their specific needs and ensure the best possible health outcomes. GlobalHealth utilizes cutting-edge, predictive data technology as a foundation to deliver improved healthcare as part of its commitment to making health insurance more affordable. Its membership includes state, education and municipal employees, federal employees, and individuals who are eligible for Medicare. To learn more, visit www.GlobalHealth.com.

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