

Tuesday, July 06, 2010

environmental factors.

### **WET AND WEARY**

A DRIPPY bladder is a cause of embarrassment for many women. But guess what? Even men have the same problem.

One in ten men has incontinence but due to the shame associated with this condition, men often hesitate to report this to their doctors.

Though women are more likely to suffer from incontinence as the pressure on the pelvis often increases after childbirth and menopause, but this doesn't mean men are not at risk. Men have a similar sling of muscles at the bottom of the pelvis as women. This supports everything above it and also controlling when you urinate. "I do get at least one man a week who suffers from this problem. Obesity, weak pelvic-floor muscles and enlarged prostate are a few factors which make men vulnerable to incontinence," says Dr Rajesh Taneja, urologist, Pushpawati Singhania Research Institute.

Urologists say men shouldn't ignore incontinence as this may signal an underlying problem. "Incontinence in many men is due to an overactive bladder or weak pelvic floor muscles. Bigger problems such as an underlying urinary tract infection or inflammation, enlarged prostate or even bladder cancer are to be blamed," says Dr Taneja. Certain diseases of the nervous system, surgery, medications such as antidepressants could also be blamed.

### **BONY DILEMMAS**

THOUGH osteoporosis is three times more common in women than in men (partly because women have a lower peak bone mass and partly because of the hormonal changes that occur