

## Bladder Training In Multiple Sclerosis

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Three of the most common urinary symptoms in MS are Frequency , Urgency and Urge Incontinency due to Overactive bladder which occur in 95% of patients during disease course.

OAB if untreated can lead to frequent UTI ,urinary stones ,hydronephrosis and pyelonephritis.

Presently the drugs used to controle these symptoms are mainly from anticholinergic group which frequently have sever side effects ie; dry mouth, urinary retention and constipation.

Bladder training is a kind of behavioral therapy to prevent or reduce OAB symptoms . It has no side effect and can be combined with drug therapy.

Studies show 50% improvement in urinary incontinency and reducing frequency and urgency as well.

Bladder Training Program is tailered for each patient based on individual Urine Dairy and should be continued for a specific period of time to be effective which will be discussed in detail