Ep 175: Bladder Issues Are Starting Younger Than Ever Transcript

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Intro and resources

Hey everybody, it's Dr. Laura with Connecting the Dots, Truth Bombs. This is our five-minute bi-weekly little video to bring some information just to get you thinking.

Now be sure and go and check out the podcast, Connect My Brain. Look at our app, connect my brain. Go check out the website connectmybrain.com and be sure and follow us on Instagram.

There's always some neat little coupons being offered to our community, the world.

Adult diapering and bladder control

Okay, what are we going to talk about today? Did you know that when it comes to proceeds like an item being sold and how much profit is actually in that, that adult diapering is four times higher than baby dippering.

Let that sink in for a minute. Adult diipering greater than Baby diper ring. Now, I'm sure you've noticed if you go into a grocery store, there is always and has been for decades an entire aisle dedicated to adult dipering, Now even though most of the patients that we take care of here at Connect My Brain are children, everybody started as a baby and everybody had to learn how to control their bladder.

So what I would like to do is to bring in this concept of brain, body, and bladder slash pelvic floor.

Brain, body, and pelvic floor connection

And I want you in your mind's eye to see this capsule of the human frame. So here we are as a baby, we come into the world, were motoring around, where in diapers.

And then it takes us an entire year to get up on our feet. and start walking on planet Earth in gravity. And what happens over time? It's almost like a bell curve where you may end up taking the normal steps for potty training and be able to maintain bladder control throughout life.

Then something starts to shift. And more and more, I'm hearing this from younger people all the time. I may sneeze and I leak or I can't control it when the urgency is there.

And many times we thought that this only happened to the elderly. We thought it happened only after trauma.

Signs in children and when to reach out

But there seems to be a wave of change that this is happening earlier and earlier, just like I have seen in the pediatric population that developmental delay is This capsule of the brain, the body, and the pelvic floor, see the points in your mind's eye of how this capsule has to work together upright in gravity and why it is so important that we maintain our physical bodies, that we maintain core control.

And yes, you could have had a C-section and that can really wreak havoc on the pelvic floor. You may have have trauma. But what I can also see is I see this in children.

They will have low tone. they will have bedwetting issues. So again, it's something about our physical frame, being able to control how that muscle is supporting around the bladder.

And then of course, how the pelvic floor is going to hold up in gravity. You may notice some of these points in

yourself, as well as in your child. Does your child, when they get on their hands and knees, do their elbows bow in?

Do they shy away from physical activity? do they find it easier just to kind of be to themselves? If any of these things are going on for your If you're going through all kinds of urgency, we want you to reach out to Connect My Brain.

Go over to the website, connectmybrain.com, fill out a contact me form, and I will personally call you back. Hey, thanks for tuning in. Be blessed.