

# Fix a Leak



prevent drips. “If you’re unsure of the correct Kegel movement, stop the flow of urine while you’re on the toilet—you should feel the same sensation when doing the actual exercise,” explains Kapoor. A few times a day, hold that contraction for 10 seconds, release for 10 and then repeat about 10 times. Doing this move when you’re about to sneeze or cough also curbs trickling. Bonus benefit for

**R**est assured you’re not alone if a sneeze or laugh causes wetness. One in four women over age 18 experience urine leakage. “Stress incontinence is caused by a weakening of the muscles that support your bladder and urethra, often a result of pregnancy, aging or other muscle-related degenerations,” says Deepak A. Kapoor, MD, president of the Advanced Urology Centers of New York. “Don’t be ashamed to tell your doctor and find a solution.” For now, try these stay-dry remedies. **WORK IT OUT** Strengthening your pelvic floor muscles helps to

the bedroom: Kegels can improve sexual response. **DON’T HOLD IT IN** “You need to empty your bladder on a regular basis,” says Kapoor. So instead of waiting until you’re ready to burst, listen to your body and head to the bathroom whenever you feel the urge to go. You’re much more likely to leak when your bladder is at full capacity. **HAVE A BACK-UP** For extra protection against accidents, try Always Discreet Pads (target.com, \$6). Or consider the new tampon-like Poise Impressa Bladder Supports (walmart.com, \$8 for the sizing kit, \$16 per single-size pack).

## Snack Smarter

With mini meals accounting for 24% of what most adults eat in a day and up to 27% for kids, we’d be wise to make them 100% nutritious. Try these flavorful options that fit the health-boosting bill *and* leave you satisfied. Your entire family will love them.

**CHOCO-STRAWBERRY SMOOTHIE** “I’m a huge fan of smoothies because they are so easy to make and pack in tons of vitamins and minerals,” says Brooke Alpert, RD, author of *The Sugar Detox*. For a sweet sip filled with antioxidants, vitamin C and fiber, blend 1 cup strawberries, 1 cup milk, 1 tablespoon cocoa powder, a packet of probiotic mix, like those from Culturelle or GoLive, and a handful of ice.

**MINI BURRITOS** Fill a 6-inch blue corn tortilla with about ¼ cup black beans and 2 tablespoons shredded cheddar cheese, suggests Kate Geagan, RDN, a hydration expert for CamelBak. Microwave for 20 seconds, then top with cherry tomato slices. You’ll get fiber, protein, calcium and antioxidants all in one bite.

**PB&B SANDWICH** Smear a spoonful of peanut butter on a 6-inch whole wheat wrap and fold it around a banana, recommends Craig Johnston, PhD, assistant professor at Baylor College of Medicine. Peanuts keep you fuller longer, help you maintain a healthy weight and reduce the risk of heart disease.



**11%** That’s the percentage of women who can correctly name female-specific stroke risk factors, including pregnancy, lupus, migraines and oral contraception or hormone therapy. Only 10% are aware that severe and sudden hiccups (often accompanied by chest pain and requiring meds to control) can be an early warning sign of an oncoming stroke. See a doctor yearly to get your risk assessed, and if you have any of the factors mentioned above, ask your PCP to check your blood pressure more frequently. Most important, think F.A.S.T. If your Face is drooping, Arm is weak, and you have Speech difficulty, it’s Time to call 911.

SOURCE: DIANA GREENE-CHANDOS, MD, ASSISTANT PROFESSOR OF NEUROSURGERY AND NEUROLOGY AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER.

Have a question about your or your family’s well-being? Email [health@familycircle.com](mailto:health@familycircle.com) and we may answer it in an upcoming issue.