

THE BARTON & WESTERLY LIFE

**MARCH**  
**NEWSLETTER**  
2026

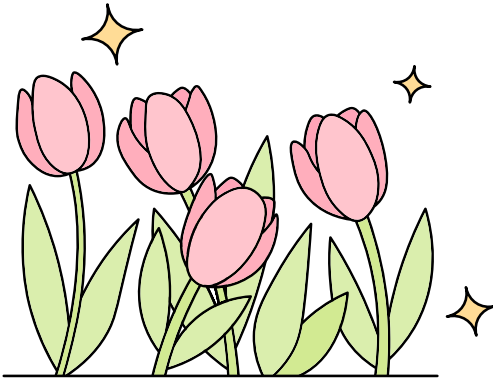


**BARTON**  
COMMUNITIES  
ACTIVITY CENTER

216-221-3400  
14300 DETROIT AVE.  
LAKEWOOD, OH 44107

[WWW.BARTONCOMMUNITIES.ORG](http://WWW.BARTONCOMMUNITIES.ORG)

# BARTON CENTER CONTACTS



**Allison Urbanek**

**President**

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[aurbanek@bartoncommunities.org](mailto:aurbanek@bartoncommunities.org)

**Christina Stover**

**Lead Activities Coordinator**

216-221-3400 ext. 2

[cstover@bartoncommunities.org](mailto:cstover@bartoncommunities.org)

**JeAnna MarBury Sr.**

**Activities Coordinator**

216-221-3400 ext. 3

[jmarbury@bartoncommunities.org](mailto:jmarbury@bartoncommunities.org)



**Pam Schraff**

**Activities Coordinator**

216-221-3400 ext. 4

[pschraff@bartoncommunities.org](mailto:pschraff@bartoncommunities.org)



# MARCH

**Would you like the newsletter delivered to your  
email each month?**

**See Christina or email her at:**

**[cstover@bartoncommunities.org](mailto:cstover@bartoncommunities.org)!**

# WESTERLY CONTACTS

**Work Orders or General Questions** Call 216-521-0053 - Dial by Extension

## **Property Administrator**

Meghan Curran Ext. 6 – mcurran@bartoncommunities.org

## **Assistant Property Manager**

Grace Steiner Ext. 3 – gsteiner@bartoncommunities.org

## **Compliance Manager**

Nicole Garner Ext. 4 – ngarner@bartoncommunities.org

## **Occupancy Specialist**

Mary-Francis Miller Ext. 1 – mmiller@bartoncommunities.org

## **Occupancy Specialist**

Brenda Colbert Ext. 2 – bcolbert@bartoncommunities.org

## **Front Desk Coordinator**

Christy Rose Ext. 0 - frontdesk@bartoncommunities.org

**Service Coordinators** Press 3 or Dial by Extension

## **WI South Building**

Debbie Magda-Vukmanic Ext. 8 – dvukmanic@bartoncommunities.org

## **WII North Building**

Paul Keiper Ext. 7 – pkeiper@bartoncommunities.org

## **WIII West Building**

Milica Djordjevic Ext. 9 – mdjordjevic@bartoncommunities.org

## **Maintenance & Custodial Team**

Tim Ferris – Maintenance Superintendent

Allen Roslan – Maintenance Tech

Maceio Williams – Maintenance Tech

Deshawn Ramsey – Maintenance Tech

Michael Evans – Maintenance Tech

Michael Toth – Unit Turn Tech

Carolyn Copeland – Lead Custodian WIII West Building

Angela Sciarrino – Custodian WII North Building

Mary Curtis - Custodian WI South Building

**AFTER-HOURS URGENT MAINTENANCE REQUESTS ONLY 216-521-2141**

\*This phone is not answered during business hours\*

# BARTON CENTER SHOPS

## Book Nook

Hours: Tuesdays & Thursdays  
9:30 a.m. - 2:30 p.m.

## The Corner Store

Hours: Monday 10 a.m. - 12 p.m.  
Tuesday - Thursday 10 a.m. - 3 p.m.

## The Library

Hours: Monday - Friday  
9 a.m. - 8 p.m.  
Key FOB Entry

## Hodge Podge Resale Shop

Hours: Monday 9 a.m. - 12 p.m.,  
Wednesday 9 a.m. - 12 p.m., &  
Thursday 6 p.m. - 8 p.m.

## Salon & Barber Shop

Hours: Thursdays  
9 a.m. - 2 p.m.  
Call: Chris Fordyce to schedule  
appointment.  
**(216) 287-6634**

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## \$7 Lunch Delivery by Barton Center

Residents are required to pre-pay for meals by  
12 p.m. noon on Tuesday each week.

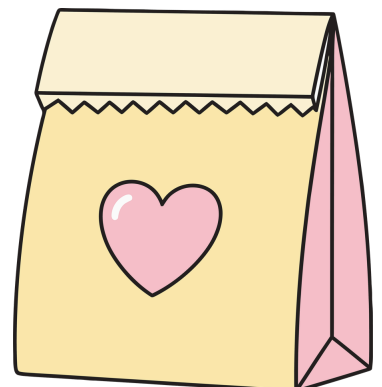
Meals can be prepaid at The Corner Store.

### March 12:

Subway sandwich, chips, cookie

### March 26:

Pelicano's pasta, salad, bread, and  
rice Krispie treat



# March Movie Days

Popcorn is provided at each movie!

## Calendar Girls

When: Monday, March 2

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium



## Wine Country

When: Monday, March 9

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium



## The 355

When: Monday, March 16

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium

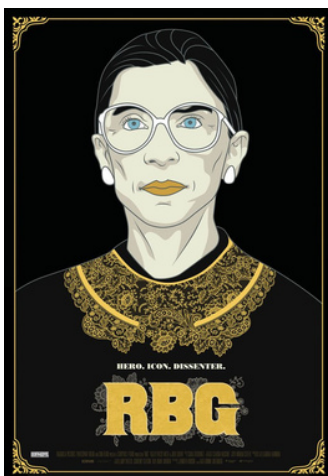


## RBG

When: Monday, March 23

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium



## Wild

When: Monday, March 30

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium



# March Crafts

## Shamrock Pins

When: Thursday, March 5

Time: 1 p.m. - 3 p.m.

Where: Craft Room



## Paper Shamrock Wreath

When: Thursday, March 12

Time: 1 p.m. - 3 p.m.

Where: Craft Room

## Cacti Craft

When: Thursday, March 19

Time: 1 p.m. - 3 p.m.

Where: Craft Room



## Easter Egg Garland

When: Thursdays, March 26 & April 2

Time: 1 p.m. - 3 p.m.

Where: Craft Room

Residents **MUST** pre-register for **ALL** crafts on the Craft Room door.  
See Barton Staff with questions!

# March Activities

## Tea Tasting

When: Thursday, March 5

Time: 2:30 p.m. - 3:30 p.m.

Where: Cafe

Join us for a tea tasting of various different tea flavors. All are welcome!



## Food Box Distribution - Cleveland Food Bank

When: Friday, March 6

Time: 10 a.m. - 2 p.m.

Where: Cafe

**You must pre-register.**

**Contact:** Christina at (216) 221-3400 ext. 2

## Lakewood Library Quarterly Visit

When: Thursday, March 12

Time: 9 a.m. - 12 p.m.

Where: Cafe

Join us in the Cafe to check out books and movies, sign up for a library card, enter to win a raffle basket, and more! All are welcome!



## March Birthdays

When: Friday, March 13

Time: 2 p.m. - 3 p.m.

Where: Cafe

Join us for cake and a game to celebrate all March birthdays!

# March Activities

## St. Patrick's Day Trivia

When: Tuesday, March 17

Time: 1 p.m. - 2 p.m.

Where: Cafe

Join us to play trivia all about St. Patrick's Day! All are welcome!



## Girl Scout Cookie Sale

When: Saturday, March 21

Where: Cafe

Time: 11:30 a.m. - 12:30 p.m.

Join us in the Cafe to buy some yummy Girl Scout cookies!

## Coffee Tasting

When: Monday, March 23

Time: 1 p.m. - 2 p.m.

Where: Cafe

Join us for a coffee tasting of various different coffee flavors. All are welcome!



## Prize Bingo

When: Wednesdays, March 4 & 18

Time: 3:30 p.m. - 4:30 p.m.

Where: Cafe

Come join friends and win fun prizes!

## M2B2 Band Rehearsals

When: Thursdays, March 12 & 26

Time: 7 p.m. - 9 p.m.

Where: Faulhaber Auditorium

All are welcome!





## Women in History

Presents

**An afternoon with Jackie Kennedy Onassis**

**Tuesday, March 3 at 2 p.m.**

**in the Auditorium**

Gain a fresh perspective on the remarkable first lady, Jackie Kennedy Onassis. Dressed in period costume, actor Rose Gabriele brings historical accuracy and attention to detail in her dramatic portrayal of the former First Lady of the United States. Women In History, a non-profit corporation, is dedicated to the education of all people through the dramatic re-creation of the lives of notable women in history.

# Heart Health Presentation



**When: Monday, March 16**

**Time: 1:30 p.m. - 2:30 p.m.**

**Where: Cafe**

**Learn tips on how to eat heart healthier for less money. Sample some delicious heart healthy foods. And receive some easy-to-make heart healthy recipes.**

**Nature Pam Presents:**

## **The Cold War: America's Longest War**

**When: Wednesday, March 18**

**Time: 12 p.m. - 1 p.m.**

**Where: Cafe**

**Must pre-register as a lunch will be served. See Barton Staff to reserve your spot!**

**See how our men and women in uniform protected us on the home front during the Cold War.**



# ALZHEIMER'S & IMPROVING MEMORY LUNCH & LEARN

**When: Thursday, March 19**

**Time: 12 p.m. - 1:30 p.m.**

**Where: Cafe**

**Must pre-register. Sign-up with  
Barton Staff by Monday, March 16.**

Join us for this informative talk as Tom Strong, medical lecturer, discusses long- and short-term memory, symptoms, and causes of this age-related disease.



# AEROBIC LINE DANCE



**HOSTED BY**

**H-Connect** NCA



**BEGINNERS & ADVANCED**



**DATE:** Friday, March 20

**TIME:** 2 p.m. - 3 p.m.

**WHERE:** Cafe



# We Can Help



**You MUST sign up in advanced. See Barton Staff to sign up for a 15-minute slot.**

**Sign Up to receive Free One-on-One Tech Support with IConnect**

**Date: Tuesday, March 24  
Time: 2 p.m. - 4 p.m.  
Where: Cafe**

- Questions on your new device?
- Need help downloading games or apps?
- Want to know how to check or send email?
- Want to watch a movie on your tablet?
- Questions on saving pictures?
- Trouble with storage?



# Center Member Group Activities

## Coffee With Friends



When: Every Saturday

Time: 9 a.m. - 12 p.m.

Where: Cafe

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## Wednesday Morning Coffee

When: Every Wednesday

Time: 8:45 a.m. - 10:30 a.m.

Where: Cafe



# Book Club

When: Wednesday, March 4

Time: 1 p.m. - 2 p.m.

Where: Craft Room

We are discussing *The Authenticity Project* and will be given *The God of the Woods* for next month.



## Lakewood Public Library: Homebound Service



When: Every Tuesday

Call LPL Customer Service Desk by 6 p.m. the Saturday before your delivery date at: (216) 226-8275 ext. 110.

Library representative available to receive books to be returned at this time in the Cafe area.



# Beginner's Spanish Class



When: Every Tuesday

Time: 3 p.m. - 4 p.m.

Where: Cafe

Join Irene & Esteban to learn beginner's Spanish! It is recommended that you attend weekly and bring a notebook and writing utensil to this class.



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## Stories On Paper

When: Wednesdays,  
March 11 & 25

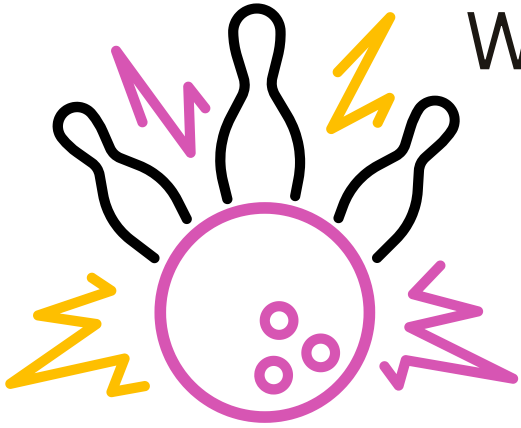
Time: 10 a.m. - 12 p.m.

Where: Faulhaber Auditorium

Participants are given a creative prompt to write a short story on their own time that can be shared with the group at the next class. Come get creative with us!



# Tabletop Bowling



When: Wednesdays, March  
11 & 25

Time: 1 p.m. - 2 p.m.

Where: Cafe

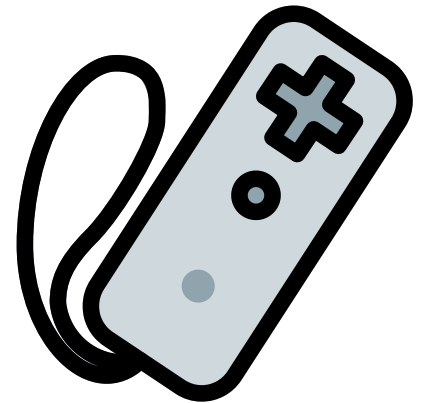
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# Wii Bowling

When: Wednesdays, March 4 & 18

Time: 2 p.m. - 3 p.m.

Where: Cafe



# Trivia

When: Friday, March 27

Time: 2 p.m. - 3 p.m.

Where: Cafe



# Open Craft Room Hours

When: Every Monday

Time: 9 a.m. - 12 p.m.

Where: Craft Room

Come hang out and work on  
your crafts!



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## Karaoke

When: Saturdays, March 7 & 21

Time: 6:30 p.m. - 8 p.m.

Where: Cafe

with Ron & Lilie Walden



# Health & Wellness

## Activities

### Balance Class

When: Every Monday

Time: 11 a.m. - 11:45 a.m.

Where: Community Room

This class is designed to improve balance and lower body strength for older adults through chair exercise. **We will focus on stability and strength exercises as well as fall prevention techniques.**

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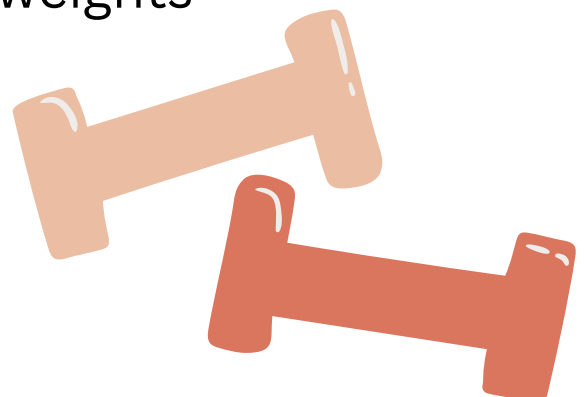
### Movement & Lightweights Class

When: Every Tuesday

Time: 11 a.m. - 11:30 a.m.

Where: Community Room

Participants will be given 1 lb or 2 lb weights in this seated class.



# Creative Therapy Activities

## Art Therapy

When: Every Tuesday

Time: 4 p.m. - 5:30 p.m.

Where: Craft Room  
with Jocelynn



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## Music & Memories Class

When: Every Thursday

Time: 2:30 p.m. - 3:30 p.m.

Where: Community Room  
with Gavin



# Religion & Worship

## Activities



### Rosary Services

When: Every Tuesday

Time: 7 p.m. - 8 p.m.

Where: Community Room  
with Ms. Tyburski

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### Bible Study

When: Wednesdays, March 11 & 25

Time: 11 a.m. - 12:30 p.m.

Where: Community Room  
with Ron & Lilie Walden



# Barton Center Wellness Corner



## Neighborhood Paramedic Health Sessions



Join Oliver Harper for a one-on-one session where he will:

**Discuss your:**

- Medications
- Recent discharge orders
- Doctor Instructions
- Discuss health concerns & diagnosis
- Aging in place concerns



**When: Thursday, March 19**  
**Time: 10:30 a.m. - 11:30 a.m.**  
**Where: Cafe**

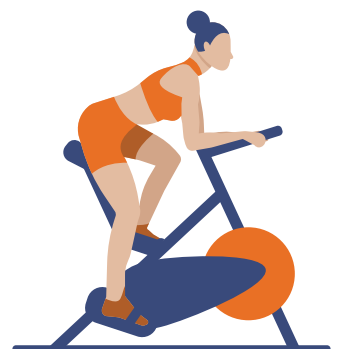
**You must reserve a 15-minute time slot.**  
**See Barton Center staff to sign up**

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## Fitness Center

**OPEN 24 HOURS**

Please see the Westerly Office, room 110, to sign a waiver and activate your fob. **A waiver must be completed prior to using the Fitness Center.**



**Dr. Mark Massie  
Podiatrist**

**When:** Thursdays

**Time:** 9 a.m. - 3 p.m.

By appointment ONLY  
216-402-4233



**Anthony Lima  
Licensed Massage Therapist**

**When:** Tuesdays and  
Saturdays

By appointment ONLY

**Call or Text:**

216-704-0794

**Email:**

[GITmassage@hotmail.com](mailto:GITmassage@hotmail.com)



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**Free Hearing &  
Hearing Aid Checks**

**When:** Monday, April 6

**Time:** 10 a.m. - 4 p.m.

**Where:** Wellness Center

Call now to schedule your appointment!

Earl Gentile - 440-333-3271



**Barton Center**  
**Transportation Services**  
**Must book in ADVANCE**



**(216) 221-4282**

**COST: \$2 one-way \$4 roundtrip**

**Monday - Friday 9 a.m. - 11:15 a.m.**

**1 p.m. - 3:15 p.m.**

**Westgate Trip:**  
**Wednesday, March 11**

**Must be able to get in and out of the car independently. The Barton Center is not responsible for any **lost, stolen or damaged items.****

**You must be on time for your ride, or the car will leave without you!!**

**Barton transportation reserves the right to refuse rides based on resident behavior.**

# *A Word from the Property Manager*

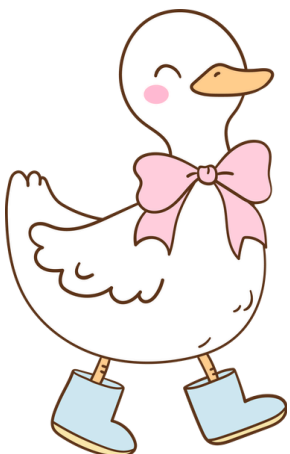
**Dear Residents of the Westerly Apartments,**

**I want to extend my gratitude to everyone who attended the recent meeting. Your participation is vital to our community.**

**We were fortunate to have Oliver Harper, our Neighborhood Paramedic, join us. Mr. Harper emphasized the critical importance of calling emergency services when a fellow resident falls rather than attempting to assist them physically. Your safety and the safety of our neighbors is our top priority.**

**I also want to remind you that letters regarding the new 2026 rent amounts have been delivered. Please make sure to sign and return the lease addendum to the office. The new rent amounts will take effect on April 1, 2026, so it's essential that this is completed promptly.**

**If you have any questions or concerns, don't hesitate to reach out to me directly. I'm here to help.**



**Thank you for your cooperation!**

**Warm regards,  
Meg**



# *Town Hall Notes from February 17*

**Oliver – explained to residents DO NOT help someone if they fall. Please call 911 and have them assist. There is no fee if they come out and pick someone up or assess them**

**Meg - Please call the office if you need a work order.** Stopping someone in the hallway may result in someone not getting a work order in a timely manner.

**-Went over feedback from the surveys – Allison & Meghan thanked everyone for completing it!!! The results will be shared with staff and will work with Meghan and the team regarding concerns.**

**\*Maintenance and cleaning staff will be wearing Westerly apparel  
\*Staff will be getting name tags**

**-Safety & Security – DO NOT let anyone in that you do not know.**

**Resident asked – what is the process for work orders status or time frame.** Meg – will talk to Tim and giving residents information regarding work order (is it closed, do they need to order parts, etc.)

**Resident – Commented not to overload washing machines**

**Resident – brought up concerns about animals crying – also asked if pitbulls are allowed – Meg - Only restriction is weight. Also reminded residents that retractable leashes are not legal in Lakewood. Also reminded them to clean up after their dog.**

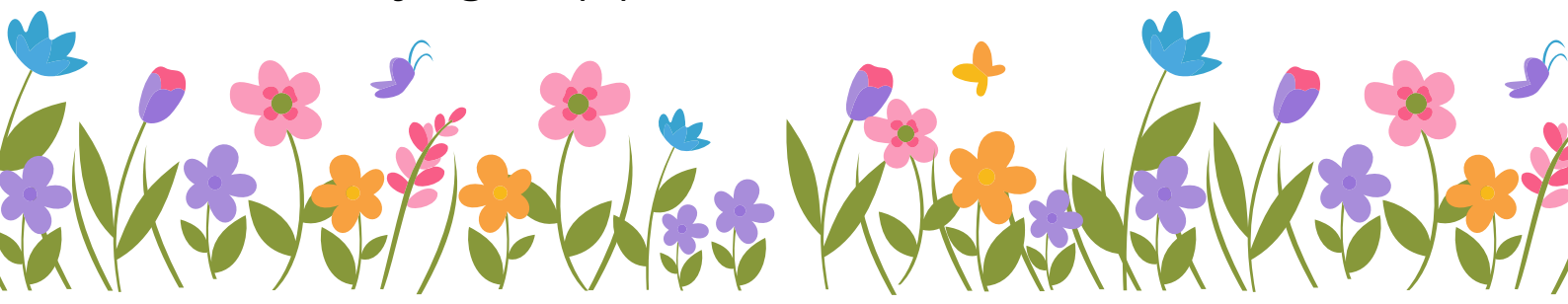
**Resident – also asked if it is permitted to smoke on property – Meg – absolutely not. No smoking, pot or vaping – she also pointed out that it is NOT the resident’s responsibility to enforce rules or address an issue. Please call the office with concerns.**

**Resident – concerns for outside lighting in the back – Meg – has contacted the Illuminating Company**

# *Things You Should Know*

**Several of the reminders listed below were discussed at the recent town hall meeting:**

- Cardboard boxes cannot be placed down the trash chute, as it will clog. Residents should break down the boxes and place them in either the laundry room (W2 and W3) or the recycling room (W1).
- Residents are responsible for cleaning out the laundry equipment (both washer and dryer) after each use.
- The lobbies in Westerly 1, 2, and 3 are for short-term visiting only.
- The Barton Center cafe is a shared space for the residents to utilize to visit friends, family, and neighbors. We need to be mindful and respect each other while utilizing this space.
- If you see something, say something. As we are not here during evening or weekend hours, it is helpful for residents to report matters to the office to address any concerns or issues promptly.
- When you are using the cafeteria, please be mindful and cleanup after yourselves if a mess is made.
- If someone is calling you through the callbox, stay on the phone and dial 9 to let them in the building. Hanging up and then pressing 9 does not work.
- Residents should not have foil in their drip pans; it is a safety issue.
- Please refrain from using drain cleaner in your sinks as it is destroying the pipes.



# *Service Coordinators' Corner*

Welcome to March! Yes, it is still Winter, but we are closer to Spring 2026 than we were.

Dates to Remember:

**Lakewood Community Services Center (LCSC) Grocery Delivery** is on the third Friday of each month. This month the date will be Friday, March 20. If you are signed up to receive the food, you must be in your apartment between 3 pm and 5 pm to receive it. High School student volunteers from Help 2 Others (H2O) will bring the bag(s) to your door. If you have any questions, you know you will not be home for the delivery, or if you are interested in signing up, please give your Service Coordinator a call.

**Home Energy Assistance Program (HEAP):** You still have time to turn in an application; The season runs from July 1 through May 31 annually. Residents who receive rental assistance are not eligible. See your Service Coordinator to determine if you qualify or if you have questions.

**Case Western Reserve University Dental School** has been coming to Westerly Apartments to do basic dental work for a few months. Senior students and instructors are available to do the basic dental work. If you would like more information or you would like to schedule an appointment you can call Aeysha Kisner at 216-368-9840.

# *Service Coordinators' Corner*

Please join the Westerly Service Coordinators with  
Welcoming...

## **Cleveland Clinic's COLORECTAL CANCER AWARENESS**

Ty Stimpert, Community Outreach Program Manager

Please join us to get your questions answered.

**Wednesday, March 11  
11 a.m. to 12 p.m.  
Barton Center Dining Room**



# *Service Coordinators' Corner*

Please join the Westerly Service Coordinators with  
Welcoming...

**Cleveland Clinic's  
MEDICAL CARE AT HOME  
Meet & Greet  
With the Team**

Mary Meli, Community Liaison &  
Daniel Stewart, NP

Are you having difficulty getting to the Doctor's office?

This program can provide the same quality of care  
In your HOME!

Please join us to learn more.

**Wednesday, March 18  
11 a.m. to 12 p.m.  
Barton Center Dining Room**



# *Service Coordinators' Corner*

## **Urinary Incontinence in Older Adults**

Urinary incontinence means a person leaks urine by accident. While it can happen to anyone, urinary incontinence, also known as overactive bladder, is more common in older people, especially women. Bladder control issues can be embarrassing and cause people to avoid their normal activities. But incontinence can often be stopped or controlled.

What happens in the body to cause bladder control problems? Located in the lower abdomen, the bladder is a hollow organ that is part of the urinary system, which also includes the kidneys, ureters, and urethra. During urination, muscles in the bladder tighten to move urine into the tube-shaped urethra. At the same time, the muscles around the urethra relax and let the urine pass out of the body. When the muscles in and around the bladder do not work the way they should, urine can leak, resulting in urinary incontinence.

Incontinence can happen for many reasons, including urinary tract infections, vaginal infection or irritation, or constipation. Some medications can cause bladder control problems that last a short time. When incontinence lasts longer, it may be due to:

- Weak bladder or pelvic floor muscles
- Overactive bladder muscles
- Damage to nerves that control the bladder from diseases such as multiple sclerosis, diabetes, or Parkinson's disease
- Diseases such as arthritis that may make it difficult to get to the bathroom in time
- Pelvic organ prolapse, which is when pelvic organs (such as the bladder, rectum, or uterus) shift out of their normal place into the vagina or anus. When pelvic organs are out of place, the bladder and urethra cannot work normally, which may cause urine to leak.

# Service Coordinators' Corner

Most incontinence in men is related to the prostate gland.

Male incontinence may be caused by:

- Prostatitis, a painful inflammation of the prostate gland
- Injury or damage to nerves or muscles from surgery
- An enlarged prostate gland, which can lead to benign prostate hyperplasia, a condition in which the prostate grows as men age

## Types of urinary incontinence

- **Stress incontinence** occurs when urine leaks as pressure is put on the bladder, such as during exercise, coughing, sneezing, laughing, or lifting heavy objects. It is the most common type of bladder control problem in younger and middle-aged women. It also may begin later, around the time of menopause.
- **Urge incontinence** happens when people have a sudden need to urinate and cannot hold their urine long enough to get to the toilet. It may be a problem for people who have diabetes, Alzheimer's disease, Parkinson's disease, multiple sclerosis, or stroke.
- **Overflow incontinence** happens when small amounts of urine leak from a bladder that is always full. A man can have trouble emptying his bladder if an enlarged prostate is blocking the urethra. Diabetes and spinal cord injuries can also cause this type of incontinence.
- **Functional incontinence** occurs in many older people who have normal bladder control. They just have a problem getting to the toilet because of arthritis or other disorders that make it hard to move quickly.

# Service Coordinators' Corner

## Incontinence in Alzheimer's Disease

People in the later stages of Alzheimer's disease often have problems with urinary incontinence. This can be a result of not realizing they need to urinate, forgetting to go to the bathroom, or not being able to find the toilet. These tips may help:

- Avoid drinks like caffeinated coffee, tea, and sodas, which may increase urination. **But do not limit water.**
- Keep hallways clear and the bathroom clutter-free, with a light on at all times.
- Provide regular bathroom breaks.
- Use underwear that is easy to get on and off, and absorbent briefs or underwear for trips away from home.

## Treating and managing urinary incontinence

Today, there are more treatments and ways to manage urinary incontinence than ever before. The choice of treatment depends on the type of bladder control problem you have, how serious it is, and what best fits your lifestyle. As a rule, the simplest and safest treatments should be tried first. A combination of treatments may help you get better control of your bladder. Your doctor may suggest you try the following:

### Bladder control training

- **Pelvic muscle exercises** (also known as Kegel exercises) strengthen the muscles that support the bladder, which can help you hold urine in your bladder and avoid leaks.
- **Urgency suppression** helps control strong urges to urinate so you can make it to a toilet on time. For example, you can try distracting yourself to help keep your mind off needing to urinate, taking long relaxing breaths, holding still, and squeezing the pelvic floor muscles.
- **Timed voiding** is used to help control your bladder through scheduling time to urinate. For example, you can set a plan to urinate every hour. As time goes on, you can slowly extend the time between toilet breaks.

# *Service Coordinators' Corner*

## **Medical treatments**

- **Medications** that come in a pill, liquid, or patch may be prescribed to help with bladder control problems. However, some medications for overactive bladder have been associated with a higher risk of cognitive decline in adults over age 65. Talk with your doctor about what medications, if any, would work best for you.
- **Vaginal estrogen cream** may help relieve urge or stress incontinence. A low dose of estrogen cream is applied directly to the vaginal walls and urethral tissue.
- **Bulking agents** can be used to help close the bladder opening. Doctors can inject a bulking gel or paste that thickens the area around the urethra. This can reduce stress incontinence but may need to be repeated.
- **Medical devices** may also be used to manage urinary incontinence, such as a catheter that drains urine from your bladder; a urethral insert that helps prevent leakage; and a vaginal pessary ring that provides pressure to lessen leakage.
- **Biofeedback** uses sensors to make you aware of signals from your body. This may help you regain control over the muscles in your bladder and urethra.
- **Electrical nerve stimulation** sends mild electric currents to the nerves around the bladder that help control urination and your bladder's reflexes.
- **Surgery** can sometimes improve or cure incontinence if it is caused by a change in the position of the bladder or blockage due to an enlarged prostate.

# *Service Coordinators' Corner*

## **Behavioral and lifestyle changes**

Changing your lifestyle may help with bladder problems. Losing weight, quitting smoking, saying “no” to alcohol, choosing water instead of other drinks, and limiting drinks before bedtime can help with some bladder problems. Preventing constipation and avoiding lifting heavy objects may also help with incontinence. Even after treatment, some people still leak urine from time to time. There are bladder control products and other solutions, including disposable briefs or underwear, furniture pads, and urine deodorizing pills that may help.

Visit the National Institute of Diabetes and Digestive and Kidney Diseases for more information on urinary incontinence in men and urinary incontinence in women.

## **When to see a health care provider and what to expect**

Talk to your health care provider if you have urinary incontinence or any signs of a bladder problem, such as:

- Needing to urinate more frequently or suddenly
- Cloudy urine
- Blood in the urine
- Pain while urinating
- Urinating eight or more times in one day
- Passing only small amounts of urine after strong urges to urinate
- Trouble starting or having a weak stream while urinating.

# Service Coordinators' Corner

Get tips on talking to your doctor about sensitive subjects.

Your doctor may recommend urodynamic testing and perform the following to try to figure out what might be causing your bladder problem:

- Give you a physical exam and take your medical history.
- Ask about your symptoms and the medications you take.
- Take urine and blood samples.
- Examine the inside of your bladder using a cystoscope – a long, thin tube that slides up into the bladder through the urethra. A urinary specialist usually does this.
- Fill the bladder with warm fluid and use a cystoscope to check how much fluid your bladder can hold before leaking.
- Order or perform a bladder ultrasound to see if you are fully emptying your bladder with each void.
- Ask you to keep a daily diary of when you urinate and when you leak urine. Your primary care doctor may also send you to a urologist, a doctor who specializes in urinary tract problems.

