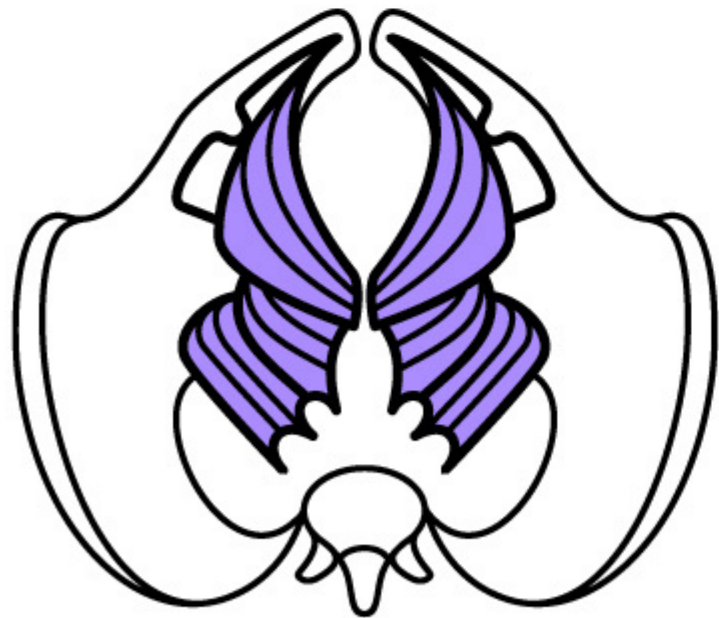


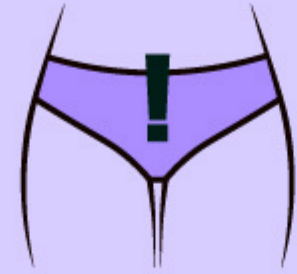
Pelvic Health & Midlife

Sporty or not, mum or not - chances are midlife women will experience pelvic floor issues.

Why?
It's chemical.



Symptoms:



Toilet urgency

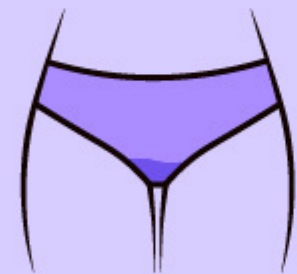
Yes, bladder and bowel. This is when women might feel like they suddenly, really need to go.

Triggers include cold weather, arriving home ("key-in-the-door"), getting in the shower, caffeine, alcohol and sugar.



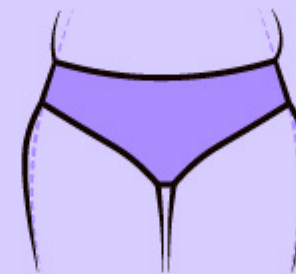
Vaginal discomfort

Common in midlife, the vagina struggles to produce moisture, which can cause dryness and itchiness and lead to pain and discomfort, especially during sex.



Leaking

Women might have not experienced any issues for 30+ years, but in midlife it can hit sharply and suddenly.



Weight gain

During midlife, women commonly report that weight creeps on and gets harder to shift, putting additional pressure and strain on the pelvic floor.

How can I help?



Act

If you notice a lot of conversations about women wetting themselves, not making it to the toilet in time or always having to wear black - suggest a conversation about the impact this is having on the enjoyment of their sport.



Find Local Help

Look for a women's health physio, connect with them and see if they'd come in to run a workshop.



Toilet Time

Give enough time for toilet breaks

Make sure there is enough time built into training and competitions to make it to the toilet and back



Exercise

At the end of each session set a couple of minutes aside to do some pelvic floor exercises, together.

50%

UK women over 50 suffer pelvic floor issues and that's before they start jumping, running, training ...

