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**1 January 2018**

**Make some continence resolutions this New Year!**

**It’s time for New Year’s resolutions! While holidays, a new job or spending more time with your family may be at the top of your list for 2018, why not set some continence goals too?**

As a nation we don’t talk about it enough, but bladder and/or bowel control problems affect more than 1.1 million New Zealanders over the age of 15, including 25 percent of younger women, 34 percent of older women and 22 percent of older men.

But there is plenty you can do to keep your bladder and bowel in good working order - and it can be as simple as drinking plenty of water or sitting properly on the toilet.

We’ve come up with some continence resolutions and tips so you can make a healthy start to 2018:

**1. Drink 1.5 -2 litres of fluid per day  
2. Drink mostly water  
3. Keep caffeine intake to a minimum  
4. Do pelvic floor exercises every day for life if you have had a baby  
5. Don't strain to have a bowel motion  
6. Keep bowel motions soft with enough dietary fibre  
7. Sit properly on the toilet to relax the pelvic floor  
8. Ladies do not hover over the toilet, use toilet paper to sit on  
9. Any leakage is abnormal see your GP ask for a referral to the Continence Nurse  
10. Any bleeding from the bowel or bladder is abnormal - see your GP**

Anyone worried about their own continence and wellbeing should know that they are not alone, and can call one of our friendly team at 0800 650 659 for a confidential chat and advice, or visit our website at continence.org.nz - where we also offer access to a growing range of continence products.  
   
Continence NZ’s CEO, Louise Judd, says people don’t have to suffer in silence, and there is no shame in seeking support.   
   
“We constantly have people calling the 0800 number who desperately need support but are initially incredibly embarrassed, until they realise that they are not alone, as over 25 percent of the population also have continence issues.

Judd says the important thing is that people get over their initial embarrassment and seek help.

“We frequently hear how much of a relief receiving advice and support is for people, and picking up the phone or making an enquiry on our website is often life changing. We want to make sure that people don’t suffer a minute longer than they need to when help is available”.

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