



DID YOU KNOW?

MANY MOTHERS SUFFER FROM URINARY INCONTINENCE

One of the most embarrassing health issues a woman can face is urinary incontinence, also known as bladder leakage. However, one in three women over the age of 35 experience some level of incontinence.

The main cause is a weak pelvic floor. This could be because of childbirth, ageing, medical conditions or surgery.

The pelvic floor is a large hammock of muscles attached from the front of the pubic bone to the tail end of the spine. Openings from the bladder, bowels and womb all pass through the pelvic floor, which supports the pelvic organs and helps to increase sexual awareness during intercourse.

Women often openly discuss the details of childbirth, but clam up completely when discussing incontinence. 'So many times, when I have challenged patients, they finally fess up to their problem,' says obstetrician and gynaecologist Dr Jules Black. 'When I ask why they didn't tell me beforehand, they say, "I didn't think anything could be done about it."' But a wealth of information and many aids are available.'

Training of the pelvic floor muscles can reduce incontinence during and after pregnancy, especially for first-time mothers. Postnatal pelvic floor exercises are also vitally important in overcoming muscle weakness.

Visit pelvicfloorexercise.com.au for information on exercises.

ASK THE EXPERTS

WENDY HAWKE IS AN OBSTETRICIAN GYNAECOLOGIST WORKING IN THE EASTERN SUBURBS OF SYDNEY

Q I've just been told that my baby has a one in 30 chance of having a neural tube defect. What is this?

A Neural tube defect (NTD) relates to the development of the baby's brain and spinal cord, which are usually completely formed by the end of the first month of pregnancy. The neural tube starts out looking like a flat piece of tissue and then closes around to form a "tube" shape. An NTD occurs if the tube does not fully close, leaving the spinal nerves or brain exposed, which can cause permanent nerve or brain damage. If the NTD is very small it may not be picked up in pregnancy and only noted at birth. Babies may have minimal or no problems. Ultrasound is much more accurate than blood tests at detecting NTDs, and most significant or serious NTDs will be picked up in the first half of the pregnancy and parents counselled about how serious it is. Talk to your carer about your results and what they mean for you. *Have a question? Email editorial@poppetgroup.com.au. For more expert Q&As see mychildmagazine.com.au.*



Pregnant? Tired? Low Iron Levels?

Get your energy back with Floradix!

Iron supplementation during pregnancy is often recommended. During pregnancy your baby relies on all of its nutrients from the nutrients available in your blood. It is important that you ensure these essential nutrient levels are maintained. Floradix Herbal Iron Extract can help maintain your health and vitality.

Floradix is a special formula that:

- Contains iron in a soluble form
- Contains natural herbal extracts
- Contains Vitamin C
- Contains Vitamins B1, B2, B6 and B12

Always read the label and use only as directed. If symptoms persist consult your healthcare professional.



FREE FROM ALCOHOL, ARTIFICIAL COLOURS and PRESERVATIVES

NATURAL HEALTHCARE SINCE 1916 **Salus**

AVAILABLE AT ALL GOOD HEALTH STORES, SELECTED PHARMACIES & SUPERMARKETS

Enquiries, Nature's Synergy Pty Ltd
Phone (02) 9499 7023 Fax (02) 9499 7024
Email: sales@cornell.com.au