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**The best
Christmas
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ThinkSmart:
Happy holidays
for stepfamilies

**EXCLUSIVE
INTERVIEW!**

Oprah's Greatest Gift

The TV mega-star
reveals the very personal
reasons behind her latest
giveback to those in need.



INCONTINENCE: Seek help early for best results

Although urinary incontinence becomes more common with age, aging doesn't cause it. It's a medical matter affecting men and women both young and old.

Instead of suffering silently and feeling embarrassed,

talk to your doctor, urges Judi Lee Chervenak, M.D., of Albert Einstein College of

Medicine. "Rapid identification is essential," she says. "The longer you wait, the worse it may get."

Treatments can include biofeedback, bladder retraining and medicines.

BLADDER CONTROL BUGS MILLIONS OF AMERICANS.

What you need to know

3 common types

- **Stress incontinence:** Triggered by coughing, sneezing, heavy lifting
- **Urge incontinence** or overactive bladder: You feel you "gotta go" but can't get there quickly enough
- **Overflow incontinence:** The full bladder leaks

Common causes


- **Conditions:** diabetes, multiple sclerosis, urinary tract infection, constipation
- **Medicines:** tranquilizers, diuretics, blood pressure pills
- **Diet:** alcohol, colas, chocolate
- **In women:** pregnancy, childbirth, menopause
- **In men:** prostate problems

Prevention tips

- Perform Kegel exercises (for women) to strengthen pelvic muscles.
- Limit fluids at bedtime.
- Drink cranberry juice to prevent urinary tract infections.
- Eat more fiber.

Before you visit a doctor

Keep a "bladder diary" to help identify your triggers and learn control. Bring it with you when you see your doctor.

For a free printout, go online to kidney.niddk.nih.gov/kudiseases/pubs/diary/index.htm. 

— Susan T. Lennon