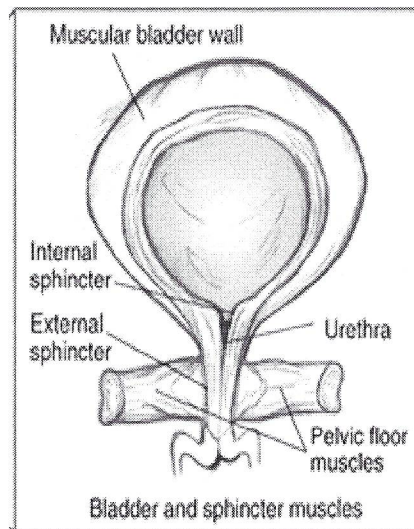


Keep Your Bladder Healthy and Avoid Incontinence



Leader's Guide

2017 Oregon FCE Educational Program

Prepared by
Barbara Voltin & Rachel Eastman

Keep your Bladder Healthy and Avoid Urinary Incontinence

Quiz

1. Physical activity makes bladder problems
 - A. Worse
 - B. Better
 - C. They stay the same
2. How much fluid should a healthy adult drink each day?
 - A. 48 to 64 ounces
 - B. 16 to 32 ounces
 - C. 30 to 40 ounces
3. How much urine does an adult pass through their bladder every day?
 - A. 4 quarts
 - B. 1 1/2 quarts
 - C. 1/2 quart
4. How often should you try to urinate during the day/
 - A. 6 to 7 times
 - B. 3 to 4 times
 - C. 1 to 2 times
5. The kidneys filter how much blood to produce the average amount of urine an adult expels every day?
 - A. 10 to 20 quarts
 - B. 50 to 75 quarts
 - C. 120 to 150 quarts
6. How many people are living with an overactive bladder?
 - A. 4 million
 - B. 33 million
 - C. 15 million
7. Which direction should women wipe themselves after urinating?
 - A. Back to front
 - B. Side to side
 - C. Front to back
8. What does holding your urine as long as possible do for the bladder?
 - A. Weakens the bladder muscles
 - B. Helps strengthen the bladder muscles
 - C. It does neither one
9. Who should urinate shortly after sex to flush away bacteria that may have entered the urethra?
 - A. Men
 - B. Women
 - C. Both
10. Which body organs are considered part of the urinary tract?
 - A. Colon, kidneys, bladder, and urethra
 - B. Urethra, kidneys, bladder, and rectum
 - C. Kidneys, ureters, bladder, urethra

Keep your Bladder Healthy and Avoid Urinary Incontinence

[To Leader: Before presenting this lesson make copies of these handouts for each participant.]

Handout #1-Quiz on the bladder and incontinence.

Handout #2-Pictures of a healthy bladder and an overactive bladder and picture of kidneys with ureters and bladder.

Handout #3-Bladder Training Information.

Handout #4-Chart to track your symptoms.

Handout #5-Extra information on medicine

Handout #6-Lesson/Program Evaluation.

Optional:

*Ask your PCP or an urologist for any information they have on bladder infection or incontinence

*Bring Cranberry juice and small cups to share with the group.

*Have water available for each person.

+++++

[To Leader: Give out quiz Handout #1, allowing time for participants to finish.]

Introduction: This lesson will be helpful to all who have or are most likely to experience a bladder and/or urinary tract infection or have urinary incontinence.

You will learn the answers to the following questions:

What are the major causes of bladder infections (cystitis)?

How can you keep your bladder healthy and avoid urinary tract incontinence (UTI)?

What are the types of urinary incontinence?

What things can you do to train your bladder for better control?

At what point do you need to see a health care provider?

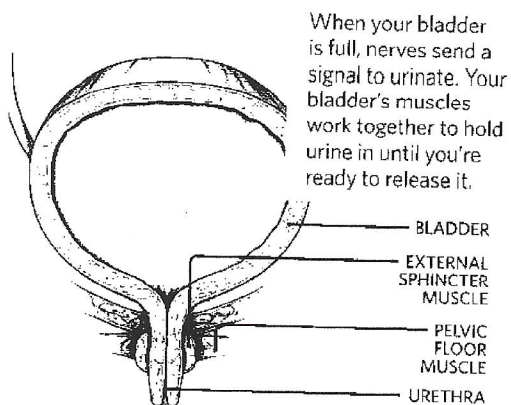
Why is your urinary tract important to your whole body?

What does “board certified” doctor mean?

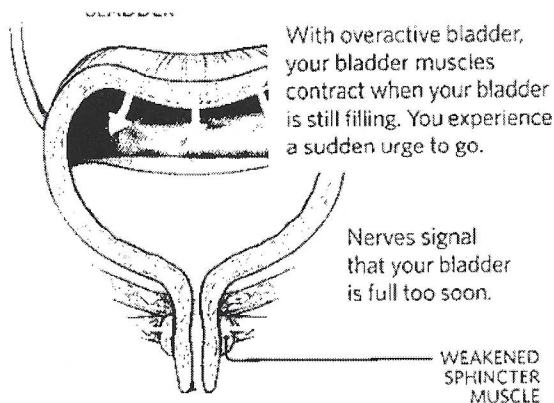
[To Leader: Give out Handout #2 so that the participants can reference the pictures as the lesson progresses.]

If you’ve never suffered with a bladder infection or had urinary incontinence you are very lucky or are probably a man. Women are more prone to bladder infection than men because of the length of their ureters, the tubes that go from the kidneys to the bladder..

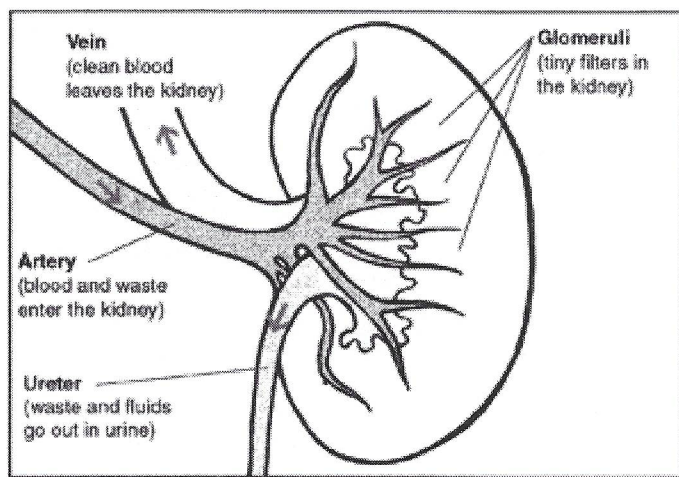
Healthy Bladder



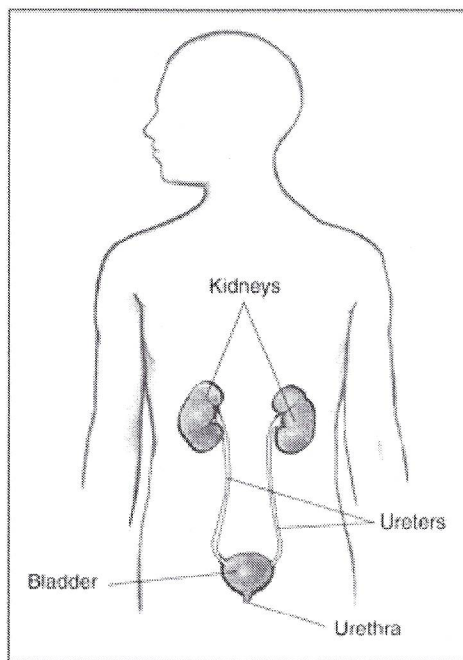
Overactive Bladder



Urine may leak out, especially if your pelvic floor muscles are weak



One of your two kidneys



Urinary Tract System

What are the major causes of bladder infection (cystitis)?

Bladder problems are common and can disrupt day-to-day life. Over 33 million people are living with an over active bladder every day. When people have bladder problems, they may avoid social settings and have a harder time getting tasks done at home or at work. There are many things that can cause an unhealthy bladder. Unfortunately you can not control everything in your life. You can make some changes that will help make your bladder healthier. What you eat and drink can effect your bladder's health. Being aware of the color of your urine is a quick way to check on what you have recently consumed. The darker the color and the stronger the smell after taking vitamins and eating certain foods tells you how quickly your body processes your food and turns the waste into urine.

Some of the things that effect your bladder's health:

Age—The older you become the tougher the bladder's stretchy tissue become so it can't hold as much urine which in turn make you feel the need to go to the bathroom more often. In some elderly people, mental changes and confusion may be the only signs of a UTI.

Bacteria—(or germs) can enter the bladder through the urethra. Women should always wipe from front to back to keep from pulling bacteria, E Coli, from the rectum to the urethral opening. Wash yourself and undergarments with a mild soap.

Constipation—Not having bowel movements as often as you should causes too much pressure on the bladder keeping it from expanding like it needs to. Eat food that has fiber to help keep you regular.

Diabetes—Can damage the nerves around the bladder that help with control.

Overweight—Being overweight can put you at a higher risk for leaking urine.

Low physical activity—Being active can help with constipation, a healthy weight and with bladder control.

Smoking—Bladder problems are more prevalent among smokers and they are at a higher risk for bladder cancer.

Alcohol—Bladder problems may be worse for people who drink alcohol. Alcohol your body to get rid of more fluid than you take in causing your bladder to overfill.

Caffeine—Your bladder can change how it tells you when to urinate when you consume too much caffeine.

Keep your Bladder Healthy and Avoid Urinary Incontinence

Medicines—Diuretics or water pills take fluids from swollen areas of your body and send them quickly to the bladder making it difficult to reach the bathroom in time. Medicines that relax your nerves may also cause the bladder to not receive the urge message from the brain. Without the urge to go, the bladder may overflow causing leakage.

Diet—Some foods and drinks can trigger overactive bladder. Eliminate these and see if things get better.

Foods to eliminate are; fruits with a lot of acid like citrus fruits (oranges, peaches and prunes), foods with artificial sweeteners, tomato-based foods, spicy foods, chocolate, lentils and lima beans.

Drinks to eliminate are; juices with a lot of acid like orange or tomato juice, carbonated drinks, drinks with caffeine or artificial sweeteners, coffee and tea, energy drinks, and alcohol.

Using a Catheter —A catheter is a tube placed in the urethra and bladder to help empty the bladder. The catheter can make a direct path for bacteria to reach the bladder.

Using Birth Control—Diaphragms can bring bacteria with them when they are placed. Spermicides, a birth control that kills sperm can also make UTIs more likely.

Pelvic Injury or Trauma—Prostate surgery, childbirth, or sexual assault can damage the nerves and muscles that help control the bladder.

Bladder Cancer—Cancer can occur in the lining of the bladder.

Besides eliminating the causes of bladder infections what are other things you can do to keep from having an overactive bladder?

*Keep hydrated. Women should drink about 48 to 64 ounces of fluid a day and men closer to 64 ounces if sweating a lot. Over half should be water. Drink enough so that the bladder empties every three or four hours. If you have kidney failure or heart disease ask your doctor how much you should be drinking to keep your bladder healthy.

*Eat plenty of whole grains. Vegetables and fruits will give you a high fiber diet and prevent constipation.

*Keep physically active and make healthy food choices to help keep a healthy weight level. Write down a plan to help you get to and stay at a healthy weight.

*If you smoke, quit. If you don't smoke, don't start.

*Do the pelvic floor muscle exercises daily to help strengthen the muscles that

Keep your Bladder Healthy and Avoid Urinary Incontinence

hold urine in the bladder and keep you from leaking urine when you cough, laugh, sneeze, lift something, or have a sudden urge to urinate.

*It is best for women to sit on the toilet seat when urinating to allow the muscles around the bladder to relax. That makes it easier for the bladder to empty completely. Hovering over the toilet seat like mama always warned us to do makes it harder to relax. Take your time and completely empty the bladder so there is less chance of a bladder infection.

What are the types of urinary incontinence?

Urinary incontinence is when a person leaks urine accidentally. Women are more prone to leaking urine than men. There are different types of urinary incontinence.

Stress incontinence is the most common type of bladder control problem among younger and middle-age women beginning around menopause. It is caused when pressure is put on the bladder when exercising, laughing, sneezing, lifting heavy items, or coughing.

Urgency incontinence is when a person has a sudden need to urinate but can't hold it long enough to make it to the bathroom.

Mixed incontinence is when one time you have stress incontinence with leaking urine when you cough or sneeze and the next time you leak urine because you have a strong urge to urinate that you can't control.

Overflow incontinence is when small amounts of urine leak from a bladder that is always full. An example is when a man has an enlarged prostate blocking the urethra so he has trouble emptying his bladder. Diabetes and spinal cord injury can also cause this type of incontinence.

Functional incontinence often occurs in older people who have disabilities that make it hard for them to move quickly such as arthritis and other disorders.

Why does urine leak?

The bladder, which is a hollow organ (similar to a balloon) stores urine after it comes from the kidneys. When the bladder becomes full the brain tells it to empty. When you feel the urge to urinate the muscles in the bladder tighten, moving the urine into a tube called the urethra. At the same time the muscles around the urethra relax allowing the urine to pass out of the body. When the muscles in and around the bladder become weak or damaged they don't work as designed and therefore urine can leak.

You may have short periods of leaking urine caused by urinary tract infection, constipation, or when taking some types of medicines. Longer periods of leaking urine may be due to weak bladder or pelvic floor muscles, overactive bladder

Keep your Bladder Healthy and Avoid Urinary Incontinence

muscles, damage to nerves that control the bladder caused by a stroke, multiple sclerosis, Parkinson's disease, or blockage from an enlarged prostate in men.

Another cause of a longer period of leakage may be pelvic organ prolapsed. This occurs when organs in the pelvic area; such as, the bladder, rectum, or uterus shift out of their normal place into the vagina. When these organs are out of place the bladder and urethra are not able to work properly.

What are the signs of a bladder problem?

Everyone's bladder acts a little bit differently but the following are some signs that may indicate the bladder is having a problem:

- Frequency– needing to urinate eight or more times in a day (24 hour period)
- Nocturnal-waking up many times during the night to go to the bathroom
- Urgency-sudden and urgent need to urinate
- Pain or burning before, during, or after urinating
- Cloudy or bloody urine
- Passing small amounts of urine after strong urges to urinate
- Trouble emptying the bladder
- Trouble starting or having a weak stream of urine

If your symptoms get worse or don't improve within 24 hours and you have pain in your lower back, a fever, nausea or vomiting see your doctor immediately.

What can you do to train your bladder for better control?

In the early stages before it's necessary to go to the doctor for antibiotic or other treatment, even surgery, there are some things you can do for yourself.

~It can not be said too many times, "keep hydrated". When you are thirsty it is important to drink enough fluid. Some people are afraid of leaking urine so they don't drink enough to keep their bladder healthy. Drink the majority of your fluids during the day and limit how much you drink after dinner.

~The best way to train your bladder is to set up a schedule called 'timed voiding'. Go to the bathroom as soon as you get up in the morning and just before going to bed at night. During the day try to only urinate 3 to 4 times. If you can't wait more than an hour or so between times gradually increase times 15 minutes for a week or two. As you can go that long slowly increase until your bladder muscles are strong enough to let you wait until your scheduled time.

~Some things to do to distract yourself from going too often are: sit down and take 5

Keep your Bladder Healthy and Avoid Urinary Incontinence

deep breaths while focusing on your breathing instead of your bladder; count backwards from 100 by 7s or other number; calm the bladder's strong urge to urinate by doing 5 quick, strong pelvic floor muscle contractions.

~Practice the Pelvic Floor Muscle (Kegel) exercises 3 times every day. They can strengthen the muscles that help hold urine in your bladder.

[To Leader: Have the participants do the Pelvic Floor Muscle exercises as you describe how to do them. Pass out Handout #3 now or at the end of the lesson.]

1. Pretend you are trying to keep from passing gas.
2. Tighten your rectum for the count of three. Increase the time you hold to 15 seconds as your muscles gain strength.
3. Then fully relax the muscle for a count of three. Try to control both the tightening and relaxing of the muscles.
4. Repeat this procedure 10 to 15 times. Do these exercises at least three times each day.

[To Leader: If you brought cranberry juice (or blueberry juice) have a helper pour samples while you are telling about how cranberry juice helps the bladder]

~For decades people have been drinking cranberry juice thinking it was the acid in the berries that kept the bacteria from growing in the bladder but that's not how it works. The cranberry juice actually makes the urinary tract walls too slippery for the bacteria to attach themselves. Recent scientific studies have shown that drinking 8 to 10 ounces of cranberry juice a day can help prevent bladder infections or help the person recover quicker when the bladder is already infected. Be sure you are drinking the unsweetened juice as sugar depresses the immune system. Blueberries work in the same way.

~Go to the bathroom even if you start having pain. The more you go the quicker you will get rid of the bacteria.

~Dr. Steven J. Brock, M.D., a family practitioner, acupuncturist, and co-director of the Center for Progressive Medicine in New York suggests: taking magnesium citrate to help keep E. coli in check since it makes the urine more alkaline and bacteria can't grow; taking vitamin C, vitamin A and bioflavonoids to help strengthen the inner surface of the bladder making it harder for bacteria to stick (Consult your doctor before taking large doses of these vitamins as they can be toxic if taken over a long period of time); taking the mineral zinc to help strengthen the immune system.

Dr Brock also suggests people who have recurrent bladder infections should have a thorough checkup to rule out a possible structural problem; such as, narrowing of the urethra, the tube that carries urine out of the bladder. They should also be tested for food allergies which can sometimes cause infections. Postmenopausal women with a hormonal imbalance can have recurrent problems.

Keep your Bladder Healthy and Avoid Urinary Incontinence

If you are given an antibiotic by your doctor ask to use one specifically intended for bladder infections, rather than a broad-spectrum antibiotic that works on your entire body. An example, Macrochantin is specific to the urinary tract and less stressful on your system,

~Get a new slant on life. Nedra Downing, D.O., is an osteopathic physician practicing alternative medicine in Michigan suggests recline on a cushioned board slanted at a 30 degree angle with your feet at the top and your head at the bottom. Massage your tummy just above the pubic bone. Do this for 10 to 15 minutes a day to take weight off the bladder; helps with its circulation, and stimulates urine flow.

~Where did all the parsley go? Remember when you went out to eat there was always a sprig of fresh parsley on the plate? Did you ever wonder how that was started? Early Romans ate fresh parsley to get rid of the smell of alcohol and foods they ate. The Romans and the Greeks fed parsley to their racehorses to keep them strong and fast.

In the Middle Ages parsley was said to prevent hair loss. Mixed with butter and flour it was rubbed on a person's head three times a year. Fresh parsley and parsley leaf tea were consumed to cure the plague, respiration problems and angina.

In modern times the Germans and Chinese use parsley tea as a popular diuretic. It is recommended to control high blood pressure. The Cherokee Indians use parsley as a traditional means to prevent bladder infections.

Parsley Tea Recipe: Steep two teaspoons of bruised fresh parsley leaves in one cup of boiling water. Cover, let set for ten minutes. Strain. Take three times a day for water retention.

At what point do you make an appointment with your health care provider?

There are certain signs that let you know it's time to contact your doctor.

Older adults with a UTI are more likely to be tired, shaky, weak and have muscle aches and abdominal pain.

If a UTI spreads to the kidneys, symptoms may include:

- Chills and shaking
- Night sweats
- Feeling tired or generally ill
- Fever above 101°F
- Pain in the side, back, or groin
- Flushed, warm, or reddened skin

- Mental changes or confusion
- Nausea and vomiting

Even though some people have very bad abdominal pain there are a few people who may have bacteria in the bladder or urinary tract, but not feel any symptoms. If a urine test shows that you have bacteria in your urine, but you do not feel any pain you may not need any treatment. Talk to your healthcare provider about whether antibiotics—the medications that treat UTIs—are needed.

[To Leader: Pass out Tracker Form Handout #4]

When you see your healthcare provider, he/she may have you keep a daily diary listing which foods or liquids you consume just prior to when you urinate, or when you leak urine. Your PCP may also refer you to an urologist or urogynecologist; doctors who specialize in urinary tract problems. The following tests may be performed to try to figure out what might be causing your bladder problem:

- Give you a physical exam to look for any health issues that may cause a bladder problem. For women, the physical exam may include a pelvic exam. For men, the physical exam may include a prostate exam, which is usually done with a rectal exam.
- Take a urine sample to check for a bladder (or urinary tract) infection.
- Examine the inside of your bladder using a cystoscope, a long, thin tube that slides up into the bladder through the urethra. This is usually done by a urinary specialist.
- Fill the bladder with warm fluid to check how much fluid your bladder can hold before leaking.
- Do a bladder scan using ultrasound to see if you are fully emptying your bladder with each void.
- Prescribe an antibiotic which is the usual way to help cure the infection. You may feel better in a week but in some cases it may take 12 weeks or more to get rid of the infection. Since antibiotics kill the “good” bacteria as well as the “bad” be sure to ask the doctor about taking a probiotics as well.

Why is the urinary tract important?

The urinary tract is important because it filters wastes and extra fluid from the bloodstream into the kidneys. Every day the kidneys filter 120 –150 quarts of blood to produce 1 to 2 quarts of urine. The ureters, bladder, and urethra move urine from the kidneys and store it until the bladder gets full. The brain then signals the bladder and it releases the urine from the body.

Keep your Bladder Healthy and Avoid Urinary Incontinence

Normal, functioning kidneys do the following:

- prevent the buildup of wastes and extra fluid in the body
- keep levels of electrolytes, such as potassium and phosphate stable
- make hormones that help regulate blood pressure
- make red blood cells
- keep bones strong

How are some ways to cope with leaking urine?

Leaking urine can continue for some people from time to time even after treatment. There are some products that can help you cope with leaking urine and make it less bothersome.

1. **Disposable Pads** you can wear in your underwear to absorb the urine.
2. **Adult Diapers** will keep larger amounts of urine to keep your clothes dry. They come in disposable and reusable which you can wash and wear.
3. **Special kinds** of underwear keep clothes dry with a waterproof crotch that can hold a pad or liner.
4. **Furniture Pads** can be used to protect chairs and beds from leaking urine. Some are reusable after being washed and other types are thrown away after one use.
5. **Special Skin Creams and Cleaners** used around the urethra may keep it from becoming irritated and creams can even keep urine away from the skin.
6. **Deodorizing Pills** obtained from your doctor can make your urine smell less strongly
7. **Avoiding Constipation** can keep pressure off your bladder.

[To Leader: Have participants read questions from quiz and give answers. if there is time have a Q & A session before summarizing the lesson.]

Summary:

There are many things you can do to help keep your bladder healthy and avoid urinary tract incontinence. Making lifestyle changes; such as, drinking the right amount of fluid (mainly water), eating and drinking less caffeine and alcohol, limiting drinks before bedtime, keeping a healthy weight, avoiding constipation, quit smoking, doing the pelvic floor muscle exercises, using the bathroom when needed, and taking enough time to fully empty your bladder. Women, especially, need to relax when urinating.

[To Leader: Give out Handout #5 as a bonus information. Have participants fill out Handout #6 the Evaluation Form and hand in before they leave.]

RESOURCES

What does Board Certified doctor mean?

To be board certified the doctor has training beyond regular medical school and has passed an exam certifying their expertise in a specialty area(s). Examples are family medicine, general internal medicine, geriatrics, gynecology, and orthopedics. Call toll-free 1-800-275-2267. The database is updated daily.

www.medicare.gov/physicians.com For a list of doctors participating in Medicare.

Call the State Medical Society to check if complaints have been filed against any of the doctors you are considering.

<https://nihseniorhealth.gov/bladderhealth>

<https://nihseniorhealth.gov/urinaryincontinence>

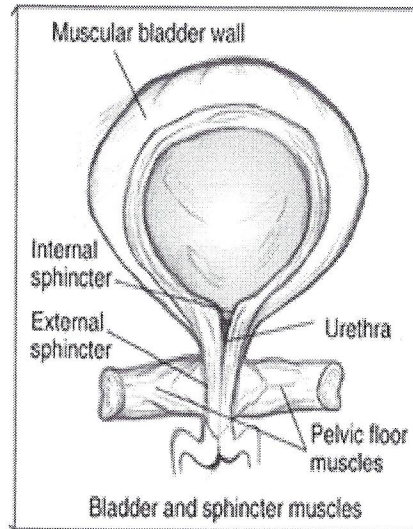
Before You Call the Doctor, *Alternative Home Remedies*, Random-Ballantine, New York, 1992

The American Medical Association Encyclopedia of Medicine, Random House, New York, 1989

QUIZ ANSWERS

1. B- Physical activity makes bladder problems better.
2. A- Healthy adults should drink 48 to 64 ounces each day.
3. B- An adult should pass about 1 1/2 quarts of urine through their bladder every day.
4. B- You should try to urinate 3 to 4 times a day.
5. C- The kidneys filter 129 to 150 quarts of blood to produce the average amount of urine an adult expels every day.
6. B- There are 33 million people living with an overactive bladder.
7. C- Women should wipe themselves from front to back after urinating.
8. A- Holding your urine for as long as you can weakens the bladder muscles.
9. C- Both women and men should urinate shortly after sex to flush away bacteria that may have entered the urethra.
10. C- The body organs that are considered part of the urinary tract system are the kidneys, ureters, bladder and urethra.

Keep Your Bladder Healthy and Avoid Incontinence



Member Handout

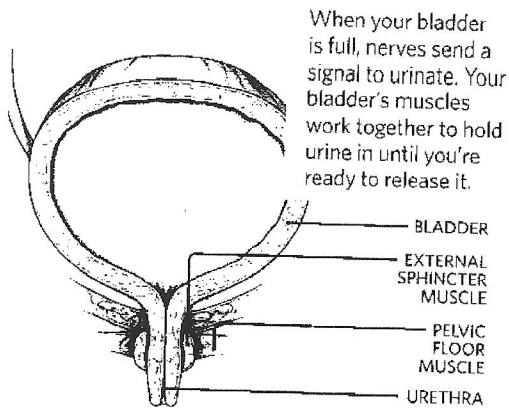
2017 Oregon FCE Educational Program

Prepared by
Barbara Voltin & Rachel Eastman

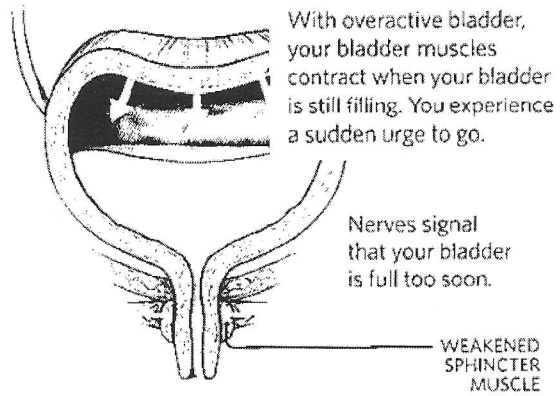
Quiz

1. Physical activity makes bladder problems
 - A. Worse
 - B. Better
 - C. They stay the same
2. How much fluid should a healthy adult drink each day?
 - A. 48 to 64 ounces
 - B. 16 to 32 ounces
 - C. 30 to 40 ounces
3. How much urine does an adult pass through their bladder every day?
 - A. 4 quarts
 - B. 1 1/2 quarts
 - C. 1/2 quart
4. How often should you try to urinate during the day/
 - A. 6 to 7 times
 - B. 3 to 4 times
 - C. 1 to 2 times
5. The kidneys filter how much blood to produce the average amount of urine an adult expels every day?
 - A. 10 to 20 quarts
 - B. 50 to 75 quarts
 - C. 120 to 150 quarts
6. How many people are living with an overactive bladder?
 - A. 4 million
 - B. 33 million
 - C. 15 million
7. Which direction should women wipe themselves after urinating?
 - A. Back to front
 - B. Side to side
 - C. Front to back
8. What does holding your urine as long as possible do for the bladder?
 - A. Weakens the bladder muscles
 - B. Helps strengthen the bladder muscles
 - C. It does neither one
9. Who should urinate shortly after sex to flush away bacteria that may have entered the urethra?
 - A. Men
 - B. Women
 - C. Both
10. Which body organs are considered part of the urinary tract?
 - A. Colon, kidneys, bladder, and urethra
 - B. Urethra, kidneys, bladder, and rectum
 - C. Kidneys, ureters, bladder, urethra

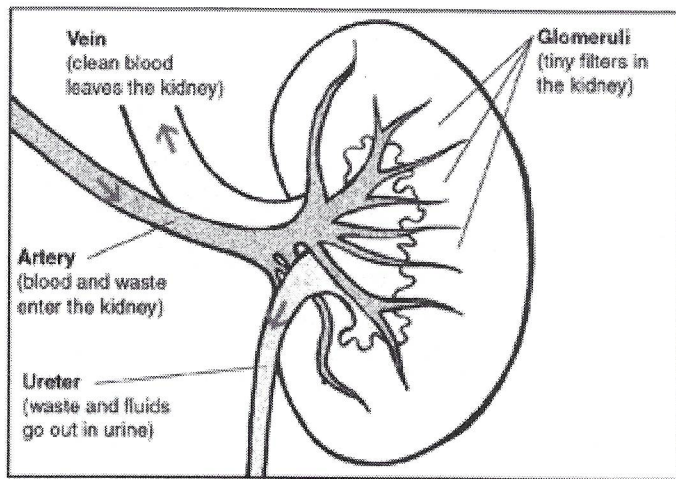
Healthy Bladder



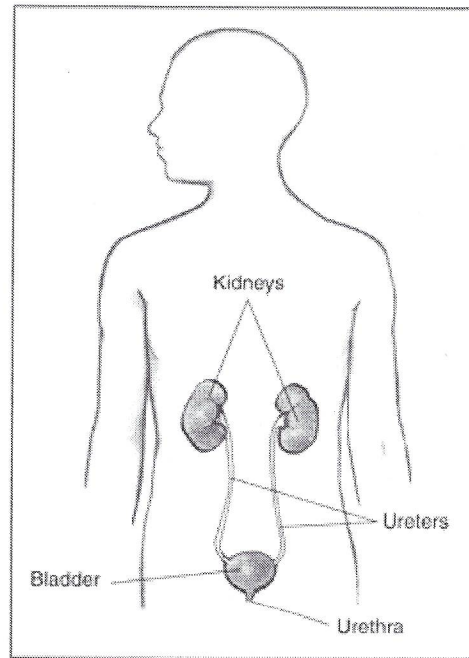
Overactive Bladder



Urine may leak out, especially if your pelvic floor muscles are weakly if your muscles are weak.



One of your two kidneys



Urinary Tract System

Bladder Training

This plan will help you regain control of your bladder.

GOAL: Urinating no more than every 3 or 4 hours during the day.

Do your best to follow the same schedule each day during waking hours. You may need to get used to the idea that you can wait longer before going.

- Urinate each day when you get up. And each night before you go to sleep.
- Try to increase your time between bathroom visits during the day. Do you go every hour now? Try to wait 1 hour and 15 minutes.
- When you can wait that long without a problem for 1 or 2 weeks, try to increase the time. Try 15 minutes more first. Then, little by little, wait longer.
- Stick to your timing as much as you can, whether or not you have to go.
- Have a strong urge to go before your scheduled time? Use the control tips below to put off going until the scheduled time.

Control Tips

- Perform 5 quick, strong, pelvic muscle contractions. They'll help calm the urge. (See Kegel exercises below.)
- Try to distract yourself:
 - * Count backwards from 100 by 7s.
 - * Sit down and take 5 deep breaths. Focus on your breathing, not your bladder.

Pelvic Floor Muscle Training

Often called "Kegel" exercises. They can strengthen the muscles that help hold urine in the bladder.

- 1 Imagine that you are trying to control passing gas.
- 2 Tighten your rectum for a count of 3.
- 3 Then fully relax the muscle for a count of 3. (You should try to control both the tightening and the relaxing of the muscle.)
- 4 Repeat 10 to 15 times. Do these at least 3 times a day.

Lifestyle Changes That Can Help

Watch how much you drink: Some people try to drink less to reduce symptoms. But this can concentrate urine. That can irritate the bladder and make you constipated.

How much fluid you need each day depends on how much you sweat (from heat or being active). Most people should drink 4 to 6 glasses of fluid a day. At least half of your fluids should be water.

Avoid food and drinks that may bother your bladder:

- Coffee and drinks with caffeine
- Artificial sweeteners
- Citrus drinks (like orange or grapefruit juice)
- Fruits, especially citrus
- Carbonated drinks (like soda)
- Spicy foods (like salsa)

Try to stay regular: Normal bowel activity is an "easy" nonpainful movement at least every other day. Avoid straining to empty your bowels. Eat fiber, drink enough and exercise to help stay regular.

Watch your weight: If you're overweight, weight loss may improve symptoms.

Stop smoking: Chemicals from smoking can irritate the bladder.

Use this tracker to record your symptoms and any triggers that cause them (see p. 16). Share the results with your doctor.

Day/Time	Sudden Urge	Leaked Urine	Triggers
2.16.17 9:00 p.m.	✓		Drinking too much beer.

