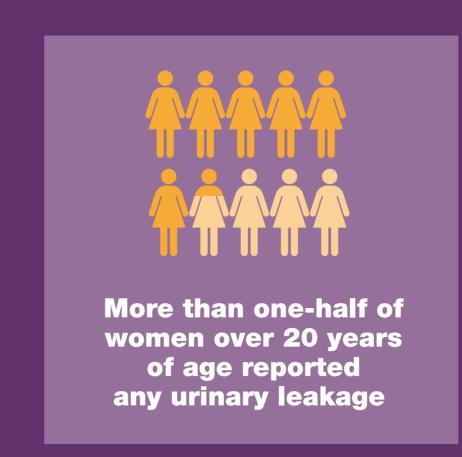
Bladder Matters for Women

Experiencing Urine Leakage? You're not alone and you have options.



Urinary incontinence—or bladder leakage—is common, but it doesn't have to be. Symptoms include:

- Leaking urine while coughing, laughing, sneezing, exercising
- Feeling a sudden, strong need to urinate
- Urinating many times during the day and night
- Leaking urine before you reach the toilet





Two-thirds of women who experience a leaky bladder haven't spoken to their doctors about it.

Women wait an average of 6.5 years before seeking professional help for a leaky bladder.



40% of women with bladder leakage report embarrassment about their symptoms.



Easy and effective nonsurgical treatment is available to help you take back control of your life.

Ask your doctor which treatment is right for you:

- Bladder control and urinating strategies
- Fluid management
- Pelvic floor muscle training
- Medication



I suffered with severe UI for 35 years. It seemed somehow shameful not to be able to control my bladder. It was life-changing for me to discover that so many others also suffered from the same issue. Opening up to my doctor about UI was the first step in finding relief. Now they understand my needs and life is better."

- Patient, Tennessee



Women often suffer with incontinence for years before mentioning it to a physician. I simply listen, examine, and reassure. And then, most of the time, I prescribe behavioral modifications and physical therapy. When I see them in follow up, their reports are usually glowing and in disbelief that the treatments made a huge difference.

- Provider, Wisconsin



Bladder leakage doesn't have to be a problem. Take back control of your life by talking to your doctor today about what treatments might work for you.

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