## Incontinence. You have options...



- alf of all women experience urinary incontinence at some point in their lives. Unfortunately, most of these women suffer in silence. You don't have to.
- If you answer "yes" to any of the following questions, talk to your doctor. There is help for this problem.

☐ Do you usually have a strong sense of urgency to urinate?
□ Do you have difficulty starting your urine stream?
☐ Have you been treated for 3 or more urinary infections?
□ Do you lose urine while coughing, laughing, sneezing, lifting, or running?
☐ Does the loss of urine affect your quality of life?

Talk with your doctor about bladder control.

