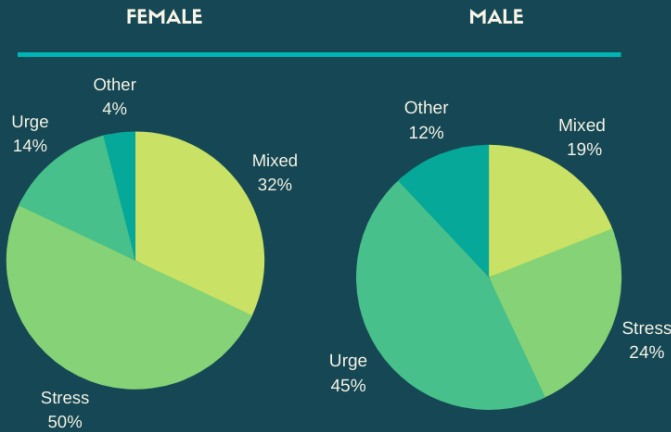




DO YOU LEAK?

HOW COMMON IS IT TO LEAK URINE?



Source: CanadianContinence.ca

50% 33%

50% of women over the age of 65 leak urine

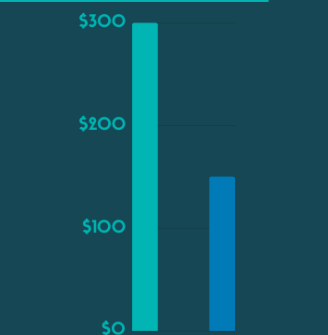
33% of people, who have learned from reading or verbal instruction only, do their kegels incorrectly

Incontinence

Is the number one reason for admittance into long term care facilities

Pelvic Floor Physiotherapy

Is the first step in treatment for urinary incontinence



AVERAGE MONTHLY COSTS

■ Incontinence Supplies
■ 1 Physiotherapy session (1hour)

Time to Seek Help if:

You're leaking urine

Any amount, any time, any gender, any age

You know where every public toilet is when you leave the house

It feels like you "ALWAYS" have to go

"Having to pee" feels like an emergency

You push to pee or have difficulty initiating urination

You're under 60 and pee more than once at night, or over 60 and more than twice

You pee more than 6 times a day

You don't feel like you fully empty your bladder

You're avoiding activities, or interactions because of bladder concerns

You have pain with peeing

You're over 8 and wet the bed



Find a Physio:

<https://www.womenshealthcpa.com/find-a-physio>