

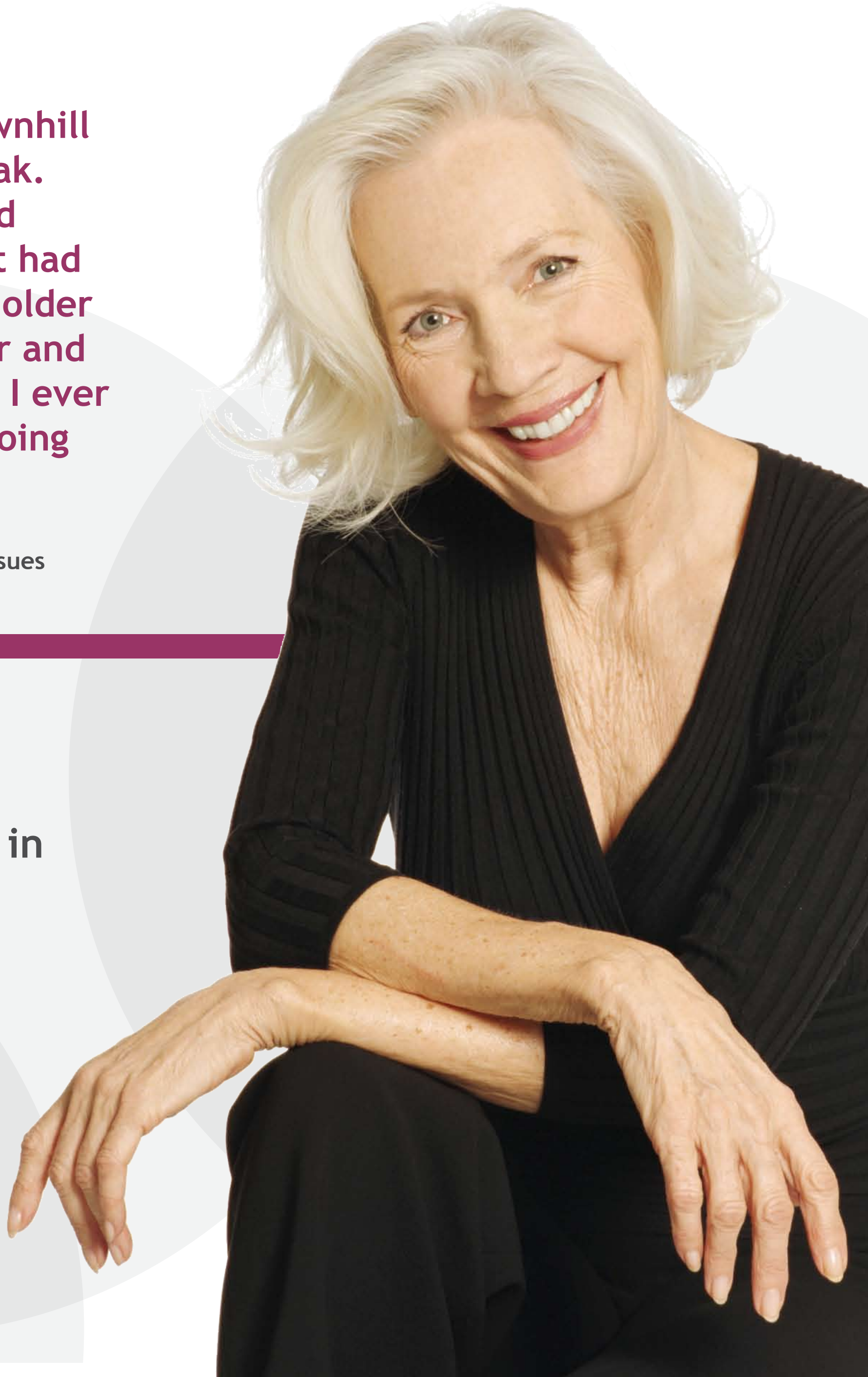
“I couldn’t always make it to the bathroom in time, and walking downhill or just sneezing could make me leak. I avoided doing things I knew would provoke a leak, and I thought I just had to live with it. That’s what getting older is about, right? I went to my doctor and seeking help was the best decision I ever made, because now I am back to doing the things I love to do.”

Patrice, a 62-year old woman with bladder control issues

## Do you experience:

- an inability to hold urine in
- leaking when you laugh, jump or sneeze
- the urge to go to the bathroom frequently

If this is happening to you, speak with your doctor today about simple treatment options to get you active again.



[www.mypelvichealth.org](http://www.mypelvichealth.org)



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