



Bladder Control Quiz – Is this Happening to You?

Bladder control issues are not a normal part of aging and they are not something you have to just live with. Take control of your pelvic health by completing this short quiz to find out if its time for you to reach out for help:

1. Are you using the bathroom so often it disrupts your day? Yes No
2. Do you find yourself making a mental note of where all the bathrooms are when you enter a building? Yes No
3. Do you find it hard to make it to the bathroom, maybe even having an accident sometimes? Yes No
4. Are you using pads or other forms of protection to absorb bladder leakage? Yes No
5. Are you worried that you will leak will sneezing, coughing, lifting heavy objects or even laughing? Yes No
6. Have tampons become too uncomfortable to use or do they fall out? Yes No
7. Are you experiencing pressure or bulging in your vagina, especially after standing for long periods? Yes No
8. Has your urine stream become weak or turned into a spray? Yes No

If you answered yes to one or more of these questions, consider talking to your physician today about your symptoms and available treatment options. To learn more about bladder control issues and how they can be treated, visit www.voicesforpfd.org.

How to Get Help

- **Talk to Your Primary Care Physician:** If you think you may have a bladder control problem, consult your primary care physician. Your doctor may refer you to a specialist for follow-up care.
- **Change Your Habits:** Behavioral changes like quitting smoking, maintaining a healthy weight, exercising regularly and avoiding heavy lifting are all daily adjustments you can make that can help prevent or even help treat bladder control problems.
- **Do Kegel Exercises:** Kegel exercises strengthen your pelvic floor muscles. If you do Kegel exercises regularly, you may reduce your risk of urinary incontinence and similar problems. If you are not familiar with Kegel exercises, your physician can provide you with instructions, or visit www.voicesforpfd.org.



How to Talk About Bladder Control Issues with Your Doctor

Although urinary incontinence can be uncomfortable to talk about, talking is the first step to getting properly treated. If you think you may have a bladder control problem, try talking about it with your doctor using these conversation starters:

- I noticed I have been going to the bathroom frequently throughout the day/night...
- Sometimes I leak urine when I cough, lift my grandson or laugh...
- I'm using pads and other products to absorb leaking. Can you tell me about some treatment options?

Once you start talking, it becomes easier. Your doctor is used to talking about sensitive issues and will help you become comfortable with the subject. He or she will ask you questions about your experiences and guide the conversation toward making you healthy and happy.