

# Love Your Life with BETTER BLADDER CONTROL!

30-50% of women and men are affected  
by bladder control problems such as urine leakage!



**Take this quiz to find out if you have a bladder control problem.**

Do you leak any urine; even a small amount?

YES

NO

Do you go to the bathroom “just in case”?

YES

NO

Do you ever have to rush to the bathroom?

YES

NO

Do you go to the bathroom more than 8 times per day?

YES

NO

Do you have to wear pads when you leave the house?

YES

NO

Do you wake up more than one time per night to urinate?

YES

NO

Do you feel like you are not able to fully empty your bladder?

YES

NO

Do you have frequent urinary tract infections?

YES

NO

If you answer **YES** to any of these questions,  
**TRY PHYSICAL THERAPY FIRST!**

*Pelvic floor physical therapy includes exercises, stimulation, biofeedback, and strategies for better bladder control. November marks National Incontinence Awareness Month and this therapy is recommended by doctors as the **FIRST** line of treatment for both men and women.*



**FYZICAL**<sup>®</sup>  
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