

# Urinary Incontinence & Heart Health:

## What Women Should Know



New research suggests a link between bladder leaks and heart disease in women, making it even more important to talk to your doctor.

### What the Research Shows

Studies now indicate that women who have UI may be more at risk for cardiovascular disease, pointing to a more systemic relationship between the heart, blood flow, and bladder function. Remember that just because you have UI, it doesn't mean you will develop cardiovascular disease!

### Tips to Manage Urinary Incontinence & Heart Health



**Speak with your doctor**



**Stay active**



**Manage your incontinence properly**



**Ditch smoking**



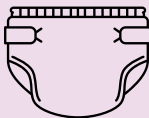
**Eat a balanced diet**



**Take care of mental health**



**Maintain a healthy weight**



**Use protective products**

### Next Steps for Your Bladder & Heart Health Journey

Did you know you may qualify to receive free bladder control supplies through your Medicaid or other insurance plan? Get started by checking your coverage at [aeroflowurology.com/qualify-through-insurance](https://aeroflowurology.com/qualify-through-insurance)