

# 5 Reasons Cold & Flu Make You Leak!



- 1** EXCESSIVE FORCE FROM COUGHING & SNEEZING FATIGUES PELVIC FLOOR MUSCLES, LOSING SUPPORT OF URETHRA & BLADDER.
- 2** RESTING & HYDRATING LEAD TO INCREASED URINARY SYMPTOMS.
- 3** COLD MEDICATIONS LEAD TO CONSTIPATION, PUSHING ON BLADDER & DECREASING SENSATION OF NEEDING TO PEE.
- 4** COVID-19 LEADS TO INFLAMMATION CAUSING IMMUNE SYSTEM TO SECRETE CYTOKINES THAT ATTACK BLADDER & CAUSE NERVE DAMAGE.
- 5** THIS WINTER MAY BRING EVEN GREATER CHANCE OF EXPERIENCING CHANGES IN URINARY SYSTEM DUE TO COVID-19 PANDEMIC.