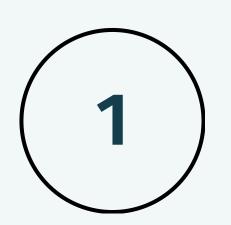
## 5 Reasons Cold & Hu Make You **eak**



**EXCESSIVE FORCE FROM COUGHING & SNEEZING** 1) FATIGUES PELVIC FLOOR MUSCLES, LOSING SUPPORT OF URETHRA & BLADDER.

**RESTING & HYDRATING LEAD TO INCREASED** 



**URINARY SYMPTOMS.** 



COLD MEDICATIONS LEAD TO CONSTIPATION, PUSHING ON BLADDER & DECREASING SENSATION OF NEEDING TO PEE.



COVID-19 LEADS TO INFLAMMATION CAUSING **IMMUNE SYSTEM TO SECRETE CYTOKINES THAT** ATTACK BLADDER & CAUSE NERVE DAMAGE.



THIS WINTER MAY BRING EVEN GREATER CHANCE OF EXPERIENCING CHANGES IN URINARY SYSTEM DUE TO COVID-19 PANDEMIC.

