

5 Ways to Prevent Incontinence



... Before Menopause!

1. Start Treatments Early.

Localized hormone therapy during perimenopausal timeframe.

2. See a Pelvic Floor Therapist.

During or after childbirth, after pelvic surgeries, at the first signs of urinary incontinence.

3. Stay Hydrated & Avoid Constipation.

Drink enough water to avoid constipation and keep urinary system healthy.

4. Avoid Bladder Irritants.

Stick to foods that make your bladder happy.

5. Use Bladder Control Products.

Get free incontinence products through Aeroflow Urology to manage daily urine leaks.

