

10 BLADDER SELF-CARE TIPS

- ✓ Listen to Your Body
- ✓ Use Bladder Control Products
- ✓ Be Aware of UI Symptoms
- ✓ Visit a Urologist
- ✓ Use a Bladder Diary
- ✓ Train Your Bladder Muscles
- ✓ Exercise Your Pelvic Floor
- ✓ Drink Water
- ✓ Maintain a Healthy Diet
- ✓ Quit Smoking