Bowel Incontinence Treatments

Use incontinence products to make managing leakage much cleaner, lessen worry, & improve quality of life.

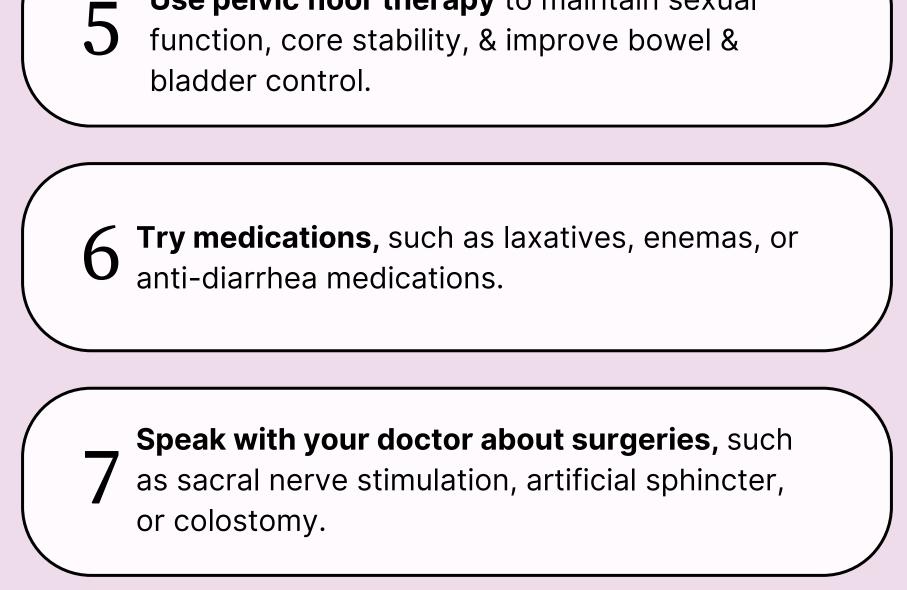
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Eat a diet full of fiber, whole grains, fresh fruits & vegetables, & avoid spicy foods, highly processed foods, & dairy products.

Hydrate by drinking as much water as you need during the day to keep things flowing.

Do Kegel exercises to strengthening your pelvic floor & improve incontinence symptoms.

Use pelvic floor therapy to maintain sexual



Aeroflow *Urology*