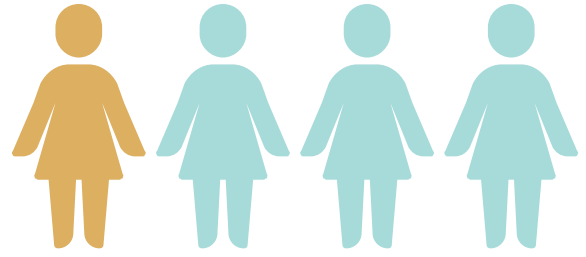


Stress Urinary Incontinence



25% of women experience Stress Urinary Incontinence during their lifetimes.



One in four women experience Stress Urinary Incontinence during their lifetimes.

The main symptom of Stress Urinary Incontinence is unintentional leakage of urine.

This can occur when you engage in physical activities or movements that relate to abdominal pressure.

You May Leak While...

- Sneezing
- Having sex
- Coughing
- Lifting heavy objects.
- Running
- Jumping
- Laughing



Treatments for Stress Urinary Incontinence

- Contract your pelvic floor before sneezing or coughing
- Use incontinence products
- Do Kegels
- Quit smoking
- Limit bladder irritants
- Maintain a healthy weight
- See a physical therapist
- Look into surgeries
- Try a vaginal pessary
- Speak with a healthcare provider

If you find yourself dealing with continence issues, don't worry! Aeroflow Urology can help.

We assist in supplying incontinence supplies through your Medicaid (and some private insurance plans). Not only is our service financially beneficial, but it can also alleviate stressful store trips... especially if you're facing some bathroom challenges!

Visit:
aeroflowurology.com/qualify-through-insurance

