

Leaking Problem?



HOW TO TALK WITH
YOUR DOCTOR
ABOUT INCONTINENCE

Ready to get the conversation flowing?

You've come to the right place! The files in this kit are designed to help you have a comfortable, confident conversation with your healthcare provider – it's the very best way to develop a treatment plan that can put you on the road to drier days. You can view these documents electronically or print them out and bring them with you to your next appointment:

NAFC Let's Talk Brochure – This brochure will help you better understand bladder health conditions, their treatment options and how you can discuss them with your doctor.

NAFC Doctor-Patient Discussion Guide – Use this to evaluate your recent symptoms and review your answers with your physician – it can be invaluable when it comes to determining your diagnosis and making better treatment choices.

NAFC Caregiver Discussion Guide – Are you caring for someone with a bladder health condition? This is the guide for you, with information specifically for the particular challenges caregivers face every day.

NAFC Bladder Health Questionnaire – If you've been talking to your doctor about your condition but don't feel like you're making progress, this is a great resource. The questions you'll answer can help you and your doctor develop new ideas to address your bladder issues.

NAFC Bladder & Bowel Health Diaries – Print these out to keep track of your bladder habits. Diaries can make a real difference when it comes to bladder retraining, food and beverage choices and more. The information you collect can help you visualize your condition, so you can see if you're successfully managing it or if you need to seek other treatments.

NAFC Bladder Retraining Guide & Tips – Use these strategies to get in tune with your bladder habits and better control your trips to the bathroom. Many people have found success with this approach – see if it works for you!

NAFC Home Hygiene Guide – Managing your bladder health condition can be a lot of work. This list of tips and insights can help you stay cleaner, fresher and healthier at home.

We hope that these materials make it easier for you to open up to your doctor, manage your condition and move one step closer to finding the relief you deserve. ***Remember: There's no shame in being human.***

To your good health,

The National Association for Continence

1-800-BLADDER | www.NAFC.org/noleaks

