

# Hold it right there!

## How pelvic floor training can mean fewer leaks

Congratulations! By downloading this kit, you're well on your way towards drier days. The information we've provided is designed to help you better understand your pelvic floor, learn how pelvic floor muscle training may improve your incontinence symptoms, and show you many of the other approaches that millions of women have found successful in the treatment of their leaks.

Inside this kit, you'll find the following brochures:

**Pelvic Floor Muscle Training** - Start strengthening your pelvic floor today

**Urinary Incontinence: What Every Woman Should Know** - The name says it all!

**Let's Talk: Bladder Leaks** - Making it easy to talk with your physician

**Your Guide to Kegel Exercises** - A simple guide to performing proper Kegels

**Bladder Retraining: A 6-week Program** - Teach your bladder to function better

**Biofeedback & Pelvic Floor Stimulation** - Learn more about these therapies

Keep in mind that these brochures are just a start, and they're no substitute for the support of a medical professional. For the best results treating your incontinence, make an appointment with a doctor or physical therapist today.

In the meantime, we hope these materials give you the information and the motivation to take an active role in your bladder health - you'll find that it doesn't take an enormous effort to begin seeing an enormous difference!



© 2025 NATIONAL ASSOCIATION FOR CONTINENCE, ALL RIGHTS RESERVED.