

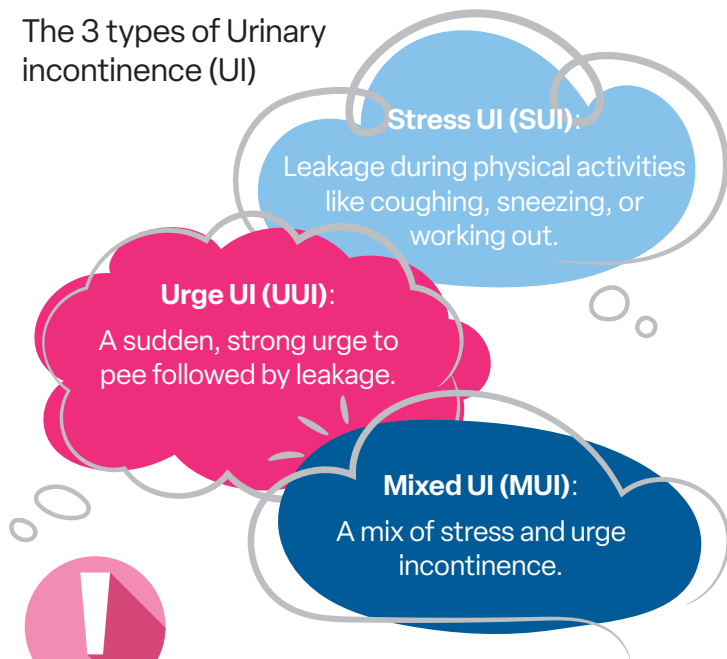
Laugh, Sneeze, Leak?

The *Unfiltered Conversation* Women Deserve

LISTEN TO THE SERIES TO LEARN MORE

From Taboo to Truth: Understanding Women's Pelvic Health

The 3 types of Urinary incontinence (UI)



Knowing your problem is the first step on the path to improve your quality of life.

UI can greatly impact daily activities, emotional well-being, and overall quality of life.

74%
**MEASURABLE
IMPROVEMENT**

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Based on current data available, Pelvic Floor Muscle Training can cure or improve symptoms of SUI and all other types of UI.



Strengthens muscles



Reduce bladder leaks



Improve the quality of life in women with stress, mixed, and some urge incontinence

WE WANT TO EMPOWER YOU!

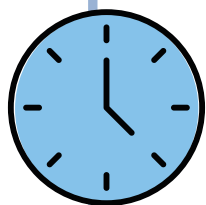
Bladder leaks CAN improve even more when lifestyle changes are combined with PFMT. Lifestyle changes may include:

- ✓ Training your bladder to hold urine longer
- ✓ Keeping A Healthy Weight
- ✓ Drinking Plenty Of Fluids

The Truth Behind the Tinkle:

About 1 in 3 women will have UI at some point in their lives.

It can happen at any age — not just after pregnancy or menopause



If You've Ever Crossed Your Legs to Sneeze, This Podcast Is for You

Research shows that PFMT is effective in women of all ages.

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podcast series
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resources
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PFMT at
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