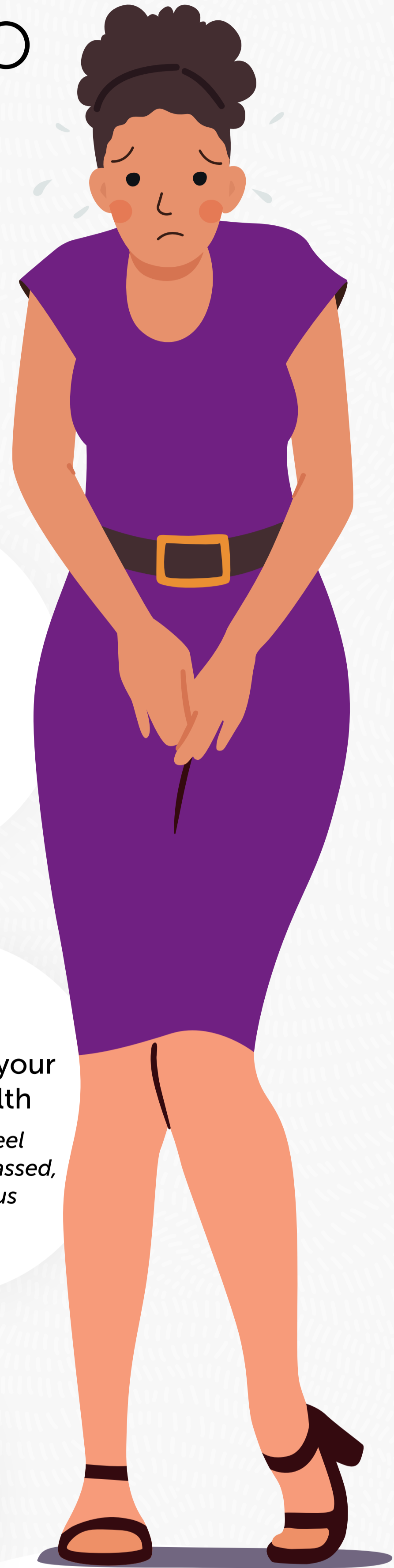


6

SIGNS IT'S TIME TO TALK TO A DOCTOR

ABOUT URINARY
INCONTINENCE



1

You've been altering your bathroom habits

more frequent, sudden urges, low flow, painful

2

There have been changes in your urine

cloudy, bloody, smellier than usual

3

It's keeping you from doing things you want to do

exercise, socialize, travel, shop

4

It's affecting your mental health

making you feel anxious, embarrassed, self-conscious

5

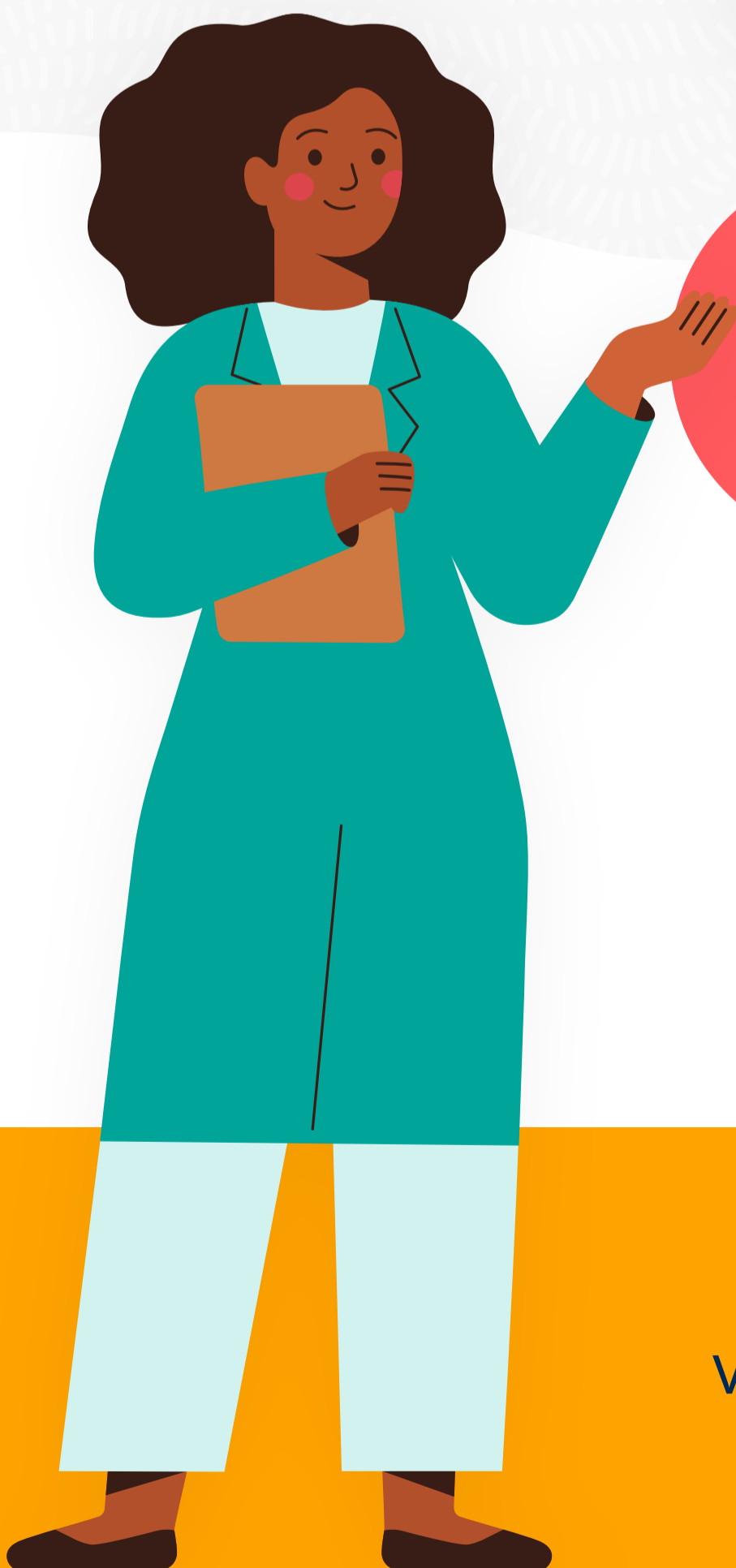
Your day-to-day activities are being interrupted

more breaks at work, pausing Netflix movies

6

It's interfering with your close relationships

your sex life, intimacy, friendships



It may be time to schedule an appointment with your doctor.

Bladder control issues can happen for a variety of reasons—some more serious than others.

Even if leaks aren't causing significant bother at the moment, it's important to understand when to seek a doctor's help.

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Sources:

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Editorial comment by Sarah McAchran, MD, urogynecologist and associate professor of urology at the University of Wisconsin School of Medicine and Public Health; <https://www.self.com/story/when-to-talk-doctor-urinary-incontinence>