

Embarrassed by your leaky bladder?

How to reduce your risk

You cannot always prevent urinary incontinence but lifestyle habits can help

- ➡ Maintain a healthy weight
- ➡ Limit alcohol & caffeine intake
- ➡ Keep fit and maintain a strong pelvic floor



THE
UROLOGY
FOUNDATION 

Unintentionally peeing or a leaky bladder is also known as urinary incontinence and it's a common problem affecting millions of people.

Many suffer in silence, too embarrassed to speak to their GP.

But if you think you have urinary incontinence your doctor can help you manage the problem so you can live life to the full.

theurologyfoundation.org

The Urology Foundation is a medical charity (no.1128683) working to improve the lives of people with a cancer or condition of the kidneys, bladder or male reproductive organs. We fund research, training and education into all urological conditions and diseases including urinary incontinence and cancers.