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

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.