

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Did you know:

- 1 in 3 women may have a problem with bladder control.
- High impact physical activities, estrogen changes, pregnancy/vaginal delivery/episiotomy & pelvic muscle weakness are a few of the risk factors for bladder control problems.
- There are many treatment options for bladder control other than surgery.
- Most women do 'kegel' exercises wrong.
- Women wait an average of 9 years to seek treatment often because they say it's not so bad, or they fear the treatment.

We know that bladder control problems only get worse without treatment. As health care providers for women we want to know about this important health care issue. Please complete the following questionnaire.

- Do you ever leak urine when you cough, sneeze, laugh, or exercise? Yes / No
- Do you ever leak urine on the way to the bathroom or can't get to the bathroom on time? Yes / No
- Do you wear a pad and it gets wet? Yes / No
- Do you go to the bathroom frequently (less than every 2 hours) with or without urine leaking? Yes / No
- Do you feel an urgent need to get to the bathroom? Yes / No
- Do you have to urinate more than 2 times a night? Yes / No
- Is your stool hard or do you move your bowels less than every three days? Yes / No
- Do you have difficulty controlling your bowels? Yes / No

If you answered '**Yes**' to any of these questions, you do not have to 'just live with it'. These problems have a variety of treatment options. One option is the **Continenence Program** that we offer here at WHC. A specially trained continence nurse works closely with your physician to treat the incontinence, using non-invasive behavioral treatments. Most insurance companies cover this service.

If you have not met your annual deductible with your insurance plan, the cost of this most likely will be applied to your deductible.