

Do you . . .

After having your baby:

*bladder or bowel control
problems are common.*

We can help.



- Lose urine when you exercise?
- Lose urine when you lift your child?
- Wear pads to catch urine or bowel leaks?
- Know where every washroom is at your local shopping mall?
- Have to rush to the bathroom?
- Lose urine when trying to unlock the door?
- Lose urine when you cough or sneeze?
- Cope with wet underwear or outer clothing?

Bladder, bowel control or prolapse problems affect one in three women of all ages and lifestyles.

Many women have a problem with this after having a baby.

If left untreated, incontinence tends to get worse as you age.

Most incontinence can be significantly improved or cured without the need for medications or surgery.

Incontinence can often be prevented with education and strong pelvic floor muscles.



Continence Clinic

Pregnancy and childbirth can affect bladder and bowel control.

- During pregnancy the growing weight of your baby and uterus can weaken your pelvic floor muscles. These muscles control urine, gas and bowels.
- Your pelvic floor muscles can be injured during your birth. Nerves to these muscles can also be damaged.
- The more pregnancies and births you have had, the more likely you are to have problems with bladder, bowel control or prolapse.

Our program can help you learn:

- what is causing the urine or bowel leakage and assess what treatment would be best for you.
- strengthening exercises for your pelvic floor muscles using exercises and biofeedback techniques.
- how to use your muscles to regain control.
- healthy bladder and bowel habits.
- how your diet can affect your urine or bowel control.

Our commitment to you:

We appreciate the sensitive nature of your problem and will treat you with respect and will work with you to set goals and achieve the best results possible.

We will work together with your other healthcare providers.

We encourage you to seek help as soon as possible. You deserve to enjoy a happy, active life without the stress of bladder or bowel control problems.

For more information and to make an appointment with a physiotherapist please contact:

**Continence Clinic
BC Women's Health Centre
Tel. 604-875-3137**

**Self-referrals and
physician referrals
accepted.**

The Clinic Physiotherapist is:

Pat Lieblich, MCPA