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## Urinary Incontinence

- \* 25 million adult Americans experience urinary incontinence.
- \* Women wait, on average, almost 7 years before speaking to a health care provider about problems with urinary incontinence.
- \* Approximately 80% of people affected by incontinence can be cured or improved.
- \* Research by Wilson et al, 2005, reported that pelvic floor muscle training should be offered as a first line therapy to all women with stress, urge or mixed urinary incontinence.
- \* While urinary incontinence is common, it is NOT a normal part of aging or something you have to live with after childbirth.

*Happiness is Good Health*