



Ask Me...

I'm here to answer your questions about urinary incontinence (UI).

UI means: accidental loss of urine

You are not alone...

did you know:

- More than 3.3 million Canadians (men and women) suffer from urinary incontinence
- One in four women, middle-aged or older, experience incontinence
- There are exercises, supportive devices, and minimally invasive surgical solutions for Stress Urinary Incontinence (SUI), the most common form of UI
- There are medications for Urge Urinary Incontinence and products to help manage your condition
- Incontinence is widespread, but it can be treated, more effectively managed and often cured

Don't suffer in silence...

Let's talk



The Canadian
Continenence Foundation

Additional information is available at:

www.continenence-fdn.ca

Help Line: 1-800-265-9575