

# Women's Health Update

## Let's Talk About Bladder Control For Women

(NAPSA)—If leaking urine has become a problem, you're not alone. Millions of women have bladder control problems, but many of them keep it a secret and do not seek a doctor's help.

### What You Should Know

Though more common among older women, urine leakage can affect women of all ages. Being pregnant and having a baby, being overweight and having a urinary



**New treatments can mean more freedom and comfort for many women.**

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tract infection can all contribute to urine leakage. Coughing, sneezing or exercising can also cause urine leakage. The leaking can be mild or severe enough to have a serious effect on a woman's daily life.

### What To Do

The good news is that doctors can treat urine leakage. Treatment choices include losing weight, performing pelvic exercises, taking medicines and having surgery. Talking with a doctor is the first step toward fixing the problem.

### For More Information

Visit the National Kidney and Urologic Diseases Information Clearinghouse website at [www.kidney.niddk.nih.gov](http://www.kidney.niddk.nih.gov) for more information and free publications about bladder control.