



## Do any of these questions apply to you?

The questions below ask about how bothered you may be by some bladder symptoms. Some people are bothered by bladder symptoms and may not realize that there are treatments available for their symptoms.

- Do you have frequent urinary tract infections?
- Do you ever leak urine when you lift heavy objects?
- Do you ever leak urine without warning?
- Do you sometimes dribble just prior to or after urination?
- Do you ever have sudden urges to urinate?
- Does sudden urine loss sometimes interfere with your daily activities?
- Does sudden urine loss ever interfere with your sexual activity?
- Do you ever leak urine when you cough, laugh or sneeze?
- Do you sometimes leak urine when you exercise or during other physical activity?
- Do you ever wet the bed at night?
- Do you sometimes wear protective pads or diapers to cope with sudden urine loss?
- Do you leak if you have a sudden urge to urinate?
- Do you have any problems with fecal incontinence?

**Can anything be done about it?** There is a range of options that can be explored if you would like to reduce the occurrence of bladder problems. You may feel some discomfort or embarrassment about discussing this condition, but you should know that bladder problems are quite common and you are not alone. Treatment options are available that you may not have heard of before.

Please schedule an appointment with Dr. Heidi Grabemeyer-Layman to discuss your bladder health and what can be done to help.