

# 4.2 million

Australians aged 15 years and over living with urinary incontinence.

Over 80% of these are women and over half of these are under 50 years of age.

UI affects women of ALL ages and fitness levels.

## Determine if you suffer from Urinary Incontinence

1. Do you have bladder leakage? Yes  No
2. Do you wet your pants when you sneeze, cough or laugh? Yes  No
3. Do you go to the bathroom before you leave the house or look for the bathroom as soon as you reach your destination? Yes  No
4. Do you avoid exercise because you leak with exertion? Yes  No
5. Do you use pads to cover your embarrassment? Yes  No
6. Has your life changed because of your bladder leakage? Yes  No

If your answer to any of these questions was yes, please discuss with your doctor.

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### There are some simple solutions and some simple ways to start the conversation:

- "I've been experiencing some bladder issues"
- "After having my baby I notice that I leak when I cough or I'm laughing with friends"
- "For a while now I've been wearing pads to help with light urine leaks. I'm starting to get self-conscious about the smell and how many times I have to change pads"
- "I have to 'go' all the time"

**Your doctor can discuss with you some practical ways for you to take back control.**