



## Women's Health Free Confidential Advice Line

Do you answer "YES" to any of these questions?

- Does running water make you need the toilet?
- Pain or bladder leakage during sexual intercourse?
- Diagnosed with or suffering with pelvic pains?
- Do you leak when you sneeze, laugh or cough?
- Does your bladder empty without warning?
- Do you feel any heaviness or bulging down below?



If your answer is "yes" you are not alone.

One in three women is affected at some point by bladder, pelvic floor or prolapse symptoms. Often very distressing, these problems **WILL NOT** improve without action & can get worse as you get older.

## WE CAN HELP!

CALL OUR FREE WOMENS HEALTH CONFIDENTIAL  
ADVICE LINE ON **01302 511755**

Ask for Jenny Blizzard or Kate Sissons who are specialists in Women's Health Physiotherapy including bladder/bowel problems, ante-natal and post natal care, sexual problems, pelvic & lower back pain.

**Getting help is so much easier than you think**

For more information visit

[www.blizzardphysiotherapy.co.uk](http://www.blizzardphysiotherapy.co.uk)