

The Minute Quiz for Pelvic Health

Many women have bladder control problems. They will not go away and will get worse as you age. There are simple techniques that can cure or greatly improve pelvic health problems. Complete the information below and take your first step toward pelvic wellness.

1. Have you leaked urine in the last three months? Yes No

2. Which of the following caused you to leak? Check all that apply.

- Activities such as running or jumping
- Laughing, coughing, sneezing or lifting
- Running water (washing dishes)
- Running to the toilet with a strong urge to void
- None of the above

Other: _____

3. Which of the above caused you to leak urine the most often? _____

4. How often do you get up at night to urinate? _____ times

5. Do you feel you urinate frequently? Yes No

Describe: _____

6. Do you have any pelvic discomfort or pain? Yes No

Describe: _____

7. How much do any of the problems listed above bother you? Not at all A little A lot

The BayCare Pelvic Health and Wellness program offers a comprehensive, customized plan to meet your individual pelvic health issues. We help women of all ages feel secure in addressing their most intimate concerns. BayCare is there to help you take the first step in achieving pelvic wellness. Your quality of life depends on it.

