



DAMERON
PHYSICAL REHABILITATION

Although incontinence affects millions of women in the United States, many women never receive treatment because they were embarrassed about discussing the problem with a physician.

This is unfortunate as female incontinence can be treated after the cause is determined. Once the physicians establish the cause, they recommend a course of treatment, which usually includes exercises, medications, biofeedback or electrical stimulation. Some women require surgery or other treatment.

**To Make
An Appointment**

Call Today

(209) 461-3142

To Schedule An Appointment

or Visit Us at

420 W. Acacia Street • Suite 8

Stockton, CA 95203

For generations

DAMERON HOSPITAL

has been the choice for our Stockton community, providing committed health care for neighbors and families since 1912. Today we're one of the largest employers in San Joaquin County – proudly independent, not-for-profit, and community-based.



**Women's
Continence
Clinic**

Programs For Bladder
And Pelvic Floor Health

*The Women's
Continence Clinic is
committed
to combining up-to-date
rehabilitation treatments with
the team work of the physician,
therapist, and the patient.*

Physical Rehabilitation Solutions... *that work.*

YOU ARE NOT ALONE!

Urinary Incontinence is a problem that affects over 13 million Americans, and 85% of these people are women. It is more common than most chronic illnesses, affecting 25% of reproductive aged women and 50% of postmenopausal women.

Factors Contributing to Urinary Incontinence:

- Childbirth (damage to the tissues, muscles and nerves supporting the urethra)
- Obesity
- Hysterectomy
- Recurrent Bladder Infections
- Medical Illness (diabetes, lung disease, stroke)

The most common types of incontinence are: stress incontinence, urge incontinence or a combination of both.

Urinary Incontinence is not a normal part of the aging process and you can do something about it.

Do you lose urine when you cough, sneeze, exercise or before you can reach a bathroom?

Do you have to urinate frequently during the day or during the night?

Do you avoid social activities or exercise because you leak urine?

Do you have frequent urinary tract infections?

Do you feel a "bulging" of your bladder or vagina?

*If you answered **YES** to any of the above questions, call us today for an appointment.*



SERVICES WE OFFER

- Physical examination to evaluate the pelvic floor.
- The Pelvic Floor Rehabilitation Program offering behavioral and biofeedback treatment.
- Education about incontinence.
- Information on and participation in the latest clinical research on incontinence and prolapse.
- Coordinated care with your primary care/specialty physician.

