Pelvic Floor Exercises can give up to 70% improvement of incontinence symptoms

Incontinence impacts up to 200 million people worldwide  
  
1 in 4 women over the age of 18 experience episodes of leaking urine involuntarily  
  
Over 80% of those who are incontinent are Women.

15% of Men over the age of 65 experience bladder leakage.

Two or more trips to the toilet at night? It's time for a check-up!  
  
Caffeine is a bladder stimulant – cut down on the coffee and cola!  
  
Pelvic floor exercises are for men too!

You can do Kegels anywhere, anytime, without anyone noticing.  
  
Bladder training is a first step that may help some people with overactive bladders  
  
If bladder problems are not an inevitable part of aging – seek help!  
  
2/3 of people age 30-70 have never discussed bladder health with their doctor  
  
10% women in the general population has fecal incontinence

Approximately half of all women over 50 complain of symptoms associated with prolapse  
  
2-3% of adults over 18 have never gained night time dryness