



GRUNDY COUNTY MEMORIAL HOSPITAL

A PARTNER OF ALLEN HOSPITAL



Julie Eddy, MPT

I have difficulties controlling my bladder when I laugh, sneeze or cough. It is an embarrassing problem for me. Is there anything that can be done to help this problem?

Answer: Incontinence is the involuntary loss of urine which affects 26% of females ages 30-59. Contrary to popular belief, this is NOT a normal sign of aging or a normal consequence of childbirth. Though physical therapy may not seem the conventional treatment for incontinence issues, therapy programs have been well documented as successful in treating bladder difficulties. GCMH has physical therapists trained specially on the pelvic floor musculature who can evaluate and treat problems that contribute to incontinence. If you have difficulties controlling your bladder, you could benefit from Physical Therapy. Contact your health care provider about a referral.

**For more information
call 319-824-5421 or visit www.grundycountyhospital.org**