



Losing control of your bladder may have nothing to do with your age!

Talk to your care team about the **senior-friendly** approach to controlling incontinence.



Ask us:

- ✓ What can I do to gain control of my bladder?
- ✓ What is a Kegel exercise? Is it right for me?
- ✓ How much fluid should I drink?
- ✓ Are my medications causing the problem?

**Your
care is why
we're all
here!**

**Please talk to us.
We want to help!**



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