

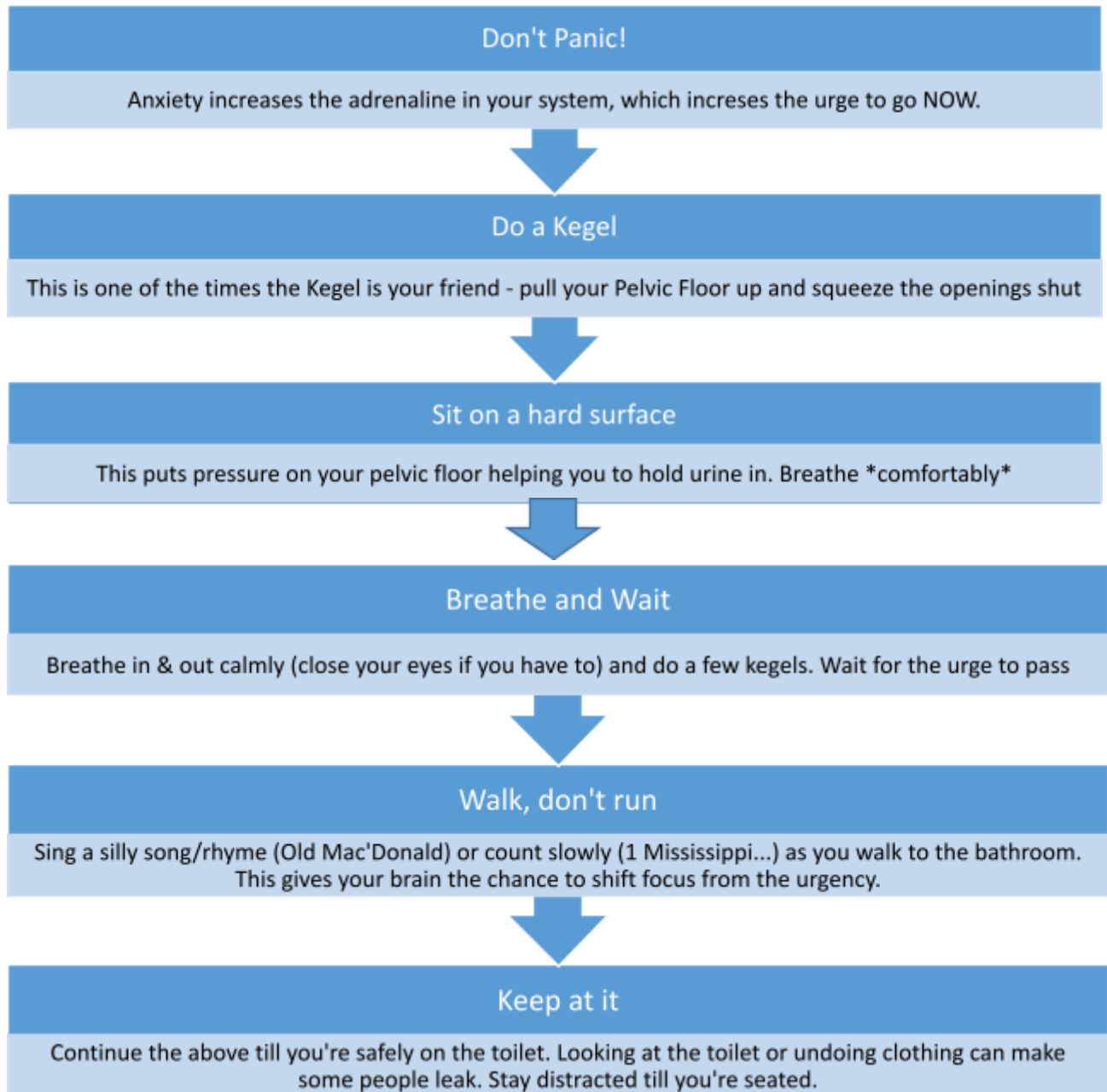


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### **Overcoming the hyperactive bladder**

Here are some easy techniques to control the urge to empty your bladder, and reduce leakage till you can get to the toilet. These techniques may work with varying effectiveness based on the unique characteristics of your pelvic floor.



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