

How can you get help?

You should speak to your doctor, your Home Bound Healthcare visiting nurse or therapist, or call your nearest **Home Bound Healthcare** office for more information about enrolling in this program.



1615 Vollmer Road **Flossmoor** IL 60422
Toll Free (800) 444-7028
Tel (708) 798-0800 • Fax (708) 798-0870

450 N Kennedy Drive Suite 6 **Kankakee** IL 60901
Toll Free (800) 444-7028
Tel (815) 929-0800 • Fax (815) 929-0801

3401 16th Street **Moline** IL 61265
Toll Free (866) 541-0900
Tel (309) 762-7900 • Fax (309) 762-6909

2322 W Willow Knolls Road **Peoria** IL 61614
Toll Free (866) 725-0888
Tel (309) 589-0888 • Fax (309) 589-0889

4231 Progress Blvd Suite 3 **Peru** IL 61354
Toll Free (877) 220-8808
Tel (815) 220-8808 • Fax (815) 220-8828

421 S Grand Ave W Suite 2B **Springfield** IL 62704
Toll Free (877) 753-2210
Tel (217) 753-2260 • Fax (217) 753-2270

1625 Bethany Road **Sycamore** IL 60178
Toll Free (877) 895-9898
Tel (815) 895-9898 • Fax (815) 895-3232

1808 Mulberry Avenue **Muscatine** IA 52761
Toll Free (866) 541-0900
Tel (563) 263-5411 • Fax (563) 263-5694



Bladder Control

Urinary Incontinence

Bladder Control Problems can be successfully treated in **over 80%** of people.



HomeBoundHealth.com

Caring For Your Health Needs In The Comfort Of Your Home



What do we know about bladder control problems?

Bladder control problems or Urinary Incontinence affect more than 13 million Americans – 85 percent of them women. About half of seniors have bladder control problems. Unfortunately, most people affected do not seek medical help, primarily because they don't know that safe and successful treatment exists.

What treatments work?

Within the past few years, medical research has proven that our program helps reduce leakage by 65-70% in over 80% of people with bladder control problems. In fact, the government's Agency for Health Care Research and Quality recommends this approach before using drugs or surgery for treating bladder control problems.

Who should try our program?

You or a loved one should try our program if you or they have:

- ▶ Sudden, strong urges to urinate
- ▶ Bladder leakage when coughing, sneezing, laughing, or when moving
- ▶ Difficulty getting to the bathroom
- ▶ Two or more trips to the bathroom after going to sleep
- ▶ Side effects from bladder control medications
- ▶ Difficulty controlling the time and place to urinate

Enroll in our program today. By working together, we can treat your bladder control problems.

What can you expect in our program?

Your personal health care team will review your diet, fluid intake, and current medications for their effect on your type of bladder control problem. Your ability to walk, turn, sit and stand will also be assessed.

Exercises for rebuilding strength.

Simple exercises for the hip, abdomen, and pelvis will strengthen your bladder support and decrease leakage.

Electrical stimulation for re-educating your bladder muscles.

Mild, comfortable, electrical pluses applied to the trunk and legs helps re-educate your bladder muscles.

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