



*part of Children's & Women's Health Centre of British Columbia*

## NEWS RELEASE

**For immediate release**

**February 3, 2004**

### **Health experts discuss incontinence treatment options**

**Prince George, B.C.** – Physiotherapists from BC Women's Hospital & Health Centre will be in Prince George this month to conduct free presentations about incontinence. The presentations include information about non-surgical treatment options, such as exercises and medications, which allow people with incontinence to take back the life that they may be missing.

There are currently more than 1.5 million Canadians affected by incontinence. It affects one in three women, one in seven men, and it is the second leading cause of admission to long-term care facilities. Many people are not aware of the help available and do not seek treatment.

"There is a stigma around the condition that often prevents people from discussing it openly," says BC Women's physiotherapist and co-presenter Pat Lieblich. "About half of all people with incontinence do not consult a health professional, partly because of widely held misconceptions that it is an inevitable part of aging, that it is to be expected after childbirth, and that it is not treatable," she says.

The sessions are open to men and women of all ages and take place Tuesday, February 17 from 7 to 9 p.m. and Wednesday, noon to 2 p.m. (lunch provided.) Both public presentations will be held in room 7-152 at the University of Northern B.C. To register, contact Lynda Anderson at (250) 562-8680.

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BC Women's, an agency of the Provincial Health Services Authority, recognizes women's health as unique. BC Women's is the only hospital and health centre in B.C. dedicated to providing specialized services to meet the unique health needs of women throughout life, from childbirth to midlife through senior years.

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