

Do you . . .

Urine or bowel leakage are common problems in women of all ages and lifestyles.

Urine leakage: 33%, 50% over age of 70

Bowel leakage: 6-15% of women

Prolapse: up to 50% of women



Incontinence, if left untreated, can worsen as you get older.



Most problems with urine or bowel leakage can be significantly improved or cured without the need for medications or surgery.

Continence Clinic

A Program to Promote
better bladder and bowel
control for Women



- Lose urine when you cough, sneeze, laugh or lift?
- Lose urine when you exercise?
- Know where every bathroom is at your local shopping mall?
- Lose urine when trying to unlock the door?
- Have to rush to the bathroom?
- Lose urine when you hear water running?
- Cope with wet underwear or clothing?
- Wear pads for catching urine or bowel leakage?



Our program can help you learn:

- what is causing the urine leakage and assess what treatment would be best for you.
- to strengthen your pelvic floor muscles using exercises and biofeedback techniques.
- how to use your muscles to prevent leaking.
- healthy bladder and bowel habits.
- how your diet can affect your urine or bowel control.



Our commitment to you:

We will provide you with the best possible treatment in a supportive setting.

We appreciate the sensitive nature of your problem and will create an environment which is respectful.

We will work collaboratively with you and your other healthcare providers.



We encourage you to seek help as soon as possible. You deserve to enjoy the happiest, most satisfying life possible.



For more information and to make an appointment with a physiotherapist please contact:

Continence Clinic
BC Women's Health Centre
Tel. 604-875-3137

» Self-referrals and physician referrals accepted.

The Clinic Physiotherapist is:

Pat Lieblich, BPT MCPA