Resource Guide

[October 2026]

Pelvic Health & Incontinence

- About 1 in 3 women experience pelvic floor issues, such as bladder leakage, at some point in their lives.
- Although pelvic floor issues are common, you do not have to simply live with them. Support is available. Here are a few ways to support your pelvic health:
    - Practise pelvic floor exercises, such as Kegels
    - Avoid heavy straining when lifting or during bowel movements
    - Maintain a healthy weight
    - Speak to a healthcare provider if you notice symptoms

  Pelvic health matters to overall well-being. Specialized care and your benefits may be able to help.

Scan to explore more Health Moments and women's health resources at purolatorhealth.com.

