

Do you have pelvic health issues? Score your pelvic floor

This brief self-assessment will help you assess your symptoms and decide whether you should see a specialist. It is not intended to diagnose any condition.

<i>Symptom</i>	<i>Yes</i>	<i>No</i>
Do you leak urine (even a tiny amount) during ordinary activities such as jogging, lifting, jumping, sneezing, laughing or coughing?		
Do you feel you must wear liners or pads to protect yourself from a bladder or bowel accident?		
Do you have sudden urges to urinate or have difficulty "holding it" while you rush to the toilet?		
Has a loss of bladder or bowel control caused you to limit your activities in any way?		
Do you ever feel pressure or bulging in your pelvic area?		
Do you experience pain during sex?		

Do you have any of these symptoms?

If you answered "YES" to any of these questions, you are not alone and an Upstate Pelvic Health Specialist can help.

Pelvic floor issues are common. One in 3 women will experience a Pelvic Health related issue by age 60. It can begin in your 20's and 30's. Common does not mean you need to live with these issues.

**Contact the
Upstate Women's Health phone
line at 315-464-2756 or
whnnurse@upstate.edu to schedule
an appointment and learn more
about pelvic health.**

