



Stress Incontinence Explained: Male and Female Incontinence, Urinary Incontinence Treatment, Bladder Problems, Overactive Bladder, Urge Incontinence, Incontinence Products, All Covered

Milica Jovanovic

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No more bladder problems! Incontinence is a condition in which urine leaks without your will. Stress incontinence is when urine leaks when you laugh, cough, sneeze, exercise or strain in any other manner. Dealing with this issue can be difficult to cope with and to admit to anyone around you, and sometimes even to yourself. You may ask yourself why is it happening to me? It is tough when it happens to someone you know and you are unsure how to help. But the good news is that it's treatable and it is not part of the normal aging process.

- *Explains the common signs of incontinence*
- *Male and female incontinence*
- *The process of diagnosis and incontinence treatment*
- *Incontinence products that help you manage everyday*

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