



AgeWell

InConfidence Program

Experiencing incontinence can make you feel less than confident. Many people suffer in silence when it comes to incontinence, either because they are too embarrassed to talk to their doctors or they think there are no solutions. Take charge and take a step toward feeling in control with AgeWell's InConfidence program.

The program is available is available to anyone 65 or older.

7 symptoms you shouldn't ignore

InConfidence is a medically based program to help women and men who are experiencing:

- Pelvic pain
- Pain with intercourse
- Stress and urge incontinence
- Fecal incontinence
- Bladder pain
- Interstitial cystitis
- Low back pain

(See reverse.)

There are solutions.

InConfidence is a personalized program and lasts different amounts of time depending on your particular situation. A physician referral is required, so talk with your doctor. Our nurse practitioner and specialized physical therapist use a wide range of treatments, including:

- Exercises prescribed to strengthen the pelvic floor
- Flexibility exercises
- Neuromuscular re-education and TENS for pain management
- Bowel and bladder management through lifestyle changes
- Relaxation techniques
- Biofeedback training

Did You Know?

- **1 out of every 5** Americans suffers from pelvic floor issues at some time in their life.
- **25 million** Americans are affected by bladder or bowel control issues.

You don't have to suffer in silence.
Talk to your doctor. For more information,
call: **904.202.4AGE (4243)**
Toll-free 1.855.777.4243



*AgeWell is the premier destination for
senior care in Northeast Florida.*