



# Let's Talk:

## Urinary Incontinence, Falls and Physical Activity

*Know where you are to start the discussion*

### Urinary incontinence

- You leak urine on a daily basis
- You are taking a prescription for urinary leakage
- You have a problem

**I have a  
big problem**

### Falls

- You have had a fall
- You use a cane or walker
- You have a vision or hearing problem
- You have high blood pressure

- You leak urine occasionally, such as when you laugh
- You are treating the problem with bladder exercises

**I have a  
small problem**

- You have trouble with balance or walking

- You may not have a bladder problem, but remember to talk with your doctor about any concerns you may have

**I have no  
problems at all**

- You may not have a problem with falls, but remember to talk to your doctor about any concerns you may have

**Let's talk about treatment options.**  
*Your doctor may recommend one of the following:*

### Urinary incontinence

- ☐ Exercises
- ☐ Medication
- ☐ Bladder training
- ☐ Surgery
- ☐ Other

### Fall Prevention

- ☐ Use a cane or walker
- ☐ Check your blood pressure lying down and standing
- ☐ Take part in an exercise or physical therapy program
- ☐ Have your vision or hearing tested
- ☐ Other

### Physical Activity

Let's talk about your level of physical activity.  
You may want to:

- Start exercising
- Maintain your level of physical activity
- Increase your level of physical activity