

**“Pelvic floor exercises are
just for women, right?”**

FALSE



Pelvic floor exercises help men too.

They support bladder control when you cough, laugh, lift, or rush to the loo. They're quick, discreet, and easy to do every day.

**Let's set the record
straight on incontinence.**

Find information and support on the steps you can take to prevent, better manage, or even reverse incontinence. Visit **hants.gov.uk/livelongerbetter**



Hampshire
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**“Bladder problems
only affect women”**

FALSE



**Many men experience incontinence
but often don't talk about it.**

It's common and nothing to be embarrassed about.
Support and simple lifestyle changes can make a big
difference. You're not alone, and help is available.

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