

YOUR  
LOGO  
HERE

NHS

MYTH BUST  
#1

"WETTING MYSELF  
LAUGHING...  
IT'S JUST PART OF  
PREGNANCY."

**NO! PREGNANT OR NOT, INCONTINENCE IS COMMON BUT NOT NORMAL, AND YOU CAN DO SOMETHING ABOUT IT.**

If you are having pelvic health issues, you don't have to 'just live with it'. Whether your symptoms can be managed at home (using our online self-help tools), or you need specialist treatment, tailored advice and care is available to you. Simply visit [www.xxxxxx.xxx/xxxxxxx](http://www.xxxxxx.xxx/xxxxxxx), scan the QR Code, or speak to your healthcare provider.

**Pregnant or up to one year after birth? Complete your pelvic health assessment via XxXxxxxxxx (even if you're symptom free), or speak to your midwife or healthcare provider.**

YOUR  
LOGO  
HERE

NHS

MYTH BUST  
#2

"WEARING A PAD WHEN  
I GO FOR A RUN...  
IT'S NORMAL AFTER  
CHILDBIRTH."

**NO! INCONTINENCE IS COMMON AFTER BIRTH, BUT NOT NORMAL, AND YOU CAN DO SOMETHING ABOUT IT.**

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