

Meet our certified therapist, RIGHT HERE in HUMBOLDT:



Carole Zinnel,
OTR/L, CLT

Licensed and Certified
Occupational Therapist

15 years of experience

LEARN MORE NOW!

Please call the HCMH Therapy Office and schedule your appointment.

515-332-7621

For more information, visit  www.humboldthospital.org

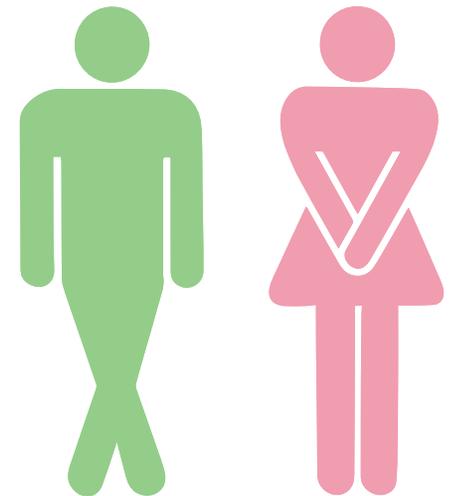
H&S your care,
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1/2020

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Incontinence

**Take Control,
Live Confidently.**



Do you lose urine when you laugh or sneeze?

Do you miss events because you are afraid of leaking urine out in public?

If so, you are one of 25 million Americans of which over 1 million are men.



Please call the Humboldt County Memorial Hospital Therapy Department at 515-332-7621 and set up your appointment today!

Risk Factors if you have incontinence:

1. Morbidity (death); due to fall and fractures
2. Skin breakdown
3. Pressure ulcers
4. Isolation for fear of leaking in public
5. INCREASES CHANCE OF BEING ADMITTED TO NURSING HOME BY 70%

What can you expect to occur during treatments?

We will educate you on the use of bladder diaries which will help you and your therapist better understand what is the best treatment course for your particular incontinence. The diaries also allow us to identify possible bladder irritants and the compensatory strategies to decrease your incontinence. Treatment sessions will include teaching you a specific method of kegels, which is a pelvic floor muscle exercise. Sessions will also include a revolutionary technique using simple motions performed by your therapist as another way to decrease your episodes of incontinence. Being able to understand the 'whys' of incontinence has helped many patients resolve their incontinence 100%.

Do you want to try a method to fix without pills or removal of your clothing?

To start your road to recovery, see your local physician for an order to see our certified therapists for incontinence training today.

Medicare and most insurances cover incontinence training.

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