



A treatment plan will be agreed with you.

Do you have:

- ❖ Stress Incontinence
- ❖ Overactive bladder
- ❖ Constipation
- ❖ Faecal incontinence
- ❖ Underactive bladder
- ❖ Post-Prostatectomy

Following a Holistic assessment, I can offer support with:

- ❖ Pelvic Floor exercises
- ❖ Bladder re-training
- ❖ Lifestyle advice
- ❖ Dietary advice
- ❖ Medication
- ❖ The management of long term catheters
- ❖ Intermittent Self-Catheterisation

About

Continence Promotion and Care is more than managing incontinence. Although it is an embarrassing condition that most people avoid talking about, it is very common and in many cases, is treatable.

The aim of Continence Promotion is to give people the tools and information to prevent incontinence or regain continence where this has been lost.

You don't have to put up with it!

Sue offers a holistic assessment, not only considering your physical symptoms but evaluating the effects of lifestyle, exercise, nutrition, other medical conditions on your pelvic health.

Contact me

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Keep in Touch!

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SUE HILL

Continence Specialist

DipHE, B.Sc.

Your Continence Matters



Bladder and Bowel problems can affect men and women of all ages.

Is this for me?

It is often assumed that pelvic problems are a result of ageing and whilst this can be a factor it is not usually the only reason why someone may be having problems with their pelvic health.

There are numerous causes such as Childbirth, Menopause, Prostate Enlargement and Constipation in addition to many long term medical conditions.

If you think that your lifestyle is affected by your bladder or bowel, then this is for you.

Are you a Specialist?

Yes. Sue is an NMC Registered Nurse with 15 years' experience in the field of Continence care and promotion as a Specialist Nurse. Predominantly Sue's experience has been gained in the NHS and her passion is to break the taboo surrounding bladder and bowel problems, encouraging both men and women to seek help.

"It is good to understand bladder issues and why they happen" C.F

What do you do?

Sue will complete a Holistic and Comprehensive assessment with you. She will discuss your current physical symptoms, medical history including medication etc and any help that you may have already sought. In addition she will also give consideration to other factors that may affect your symptoms, or your ability to undertake particular treatments such as lifestyle and nutrition, mobility and dexterity as well as social factors.



Good technique is vital for pelvic floor exercises.

Sue has access to a network of other health and fitness professionals that she can refer you to if appropriate.

With a genuine interest in you as an individual, the initial appointments are 1 hour long to allow time to fully assess your needs and agree a plan of care.

You do not need to be incontinent to seek advice and support.

Where can I see you?

Once you have made contact, Sue will discuss your needs with you and arrange an appointment to visit you at home.

If you would rather be seen at a clinic, this can also be arranged by contacting Sue.

