

Women's Pelvic Health

(NAPSA)—In most cases, the first step to solving a problem is talking about it. This is especially true of bladder leakage.

To help women open a dialogue about this sensitive topic, Kimberly-Clark's Poise brand teamed up with the Women's Health Foundation (WHF) to present the first-ever Passion Award to Linda Michael of Portage, Ind.

"The Passion Award is an important step in supporting those who fight for women's pelvic health," asserted Missy Lavender, founder and executive director of WHF. "We hope Linda's story of personal triumph over pelvic pain and bladder-control issues helps others seek appropriate treatment."



Linda Michael (center) receives the inaugural Passion Award.

Here are a few tips to help manage bladder leaks:

- Drink at least six to eight cups of fluids a day. Avoid grapefruit and tomato juice, caffeine and alcohol. Limiting fluids can make the urge to go stronger.

- Reduce your weight by 5 to 10 percent to help improve bladder control.

- Keep active. Treatment options and the right bladder-control products will help you stay involved and active—and, most importantly, feel good about yourself. With five absorbencies and custom products such as wings and extra coverage, Poise Pads and Liners make it easy to find protection. For more pelvic health tips, visit www.poise.com and consult your physician.