

# Be Strong, *Be You Again*



## Are you leaking urine, rushing to the bathroom or feeling uncomfortable?

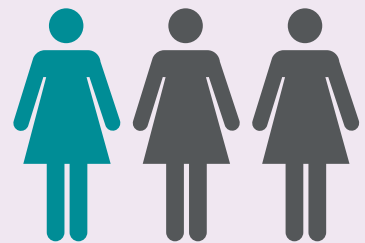
We know these are symptoms most women don't like to admit – let alone discuss – but it's time to have an honest conversation about what is happening below your waist.

One in three women will experience a bladder, bowel or painful pelvic condition in their lifetime – and too many needlessly suffer. We can help.

**To learn how you can live fearlessly and do the things you love – without a bathroom in sight – visit [avistahospital.org/pelvichealth](http://avistahospital.org/pelvichealth) or call 303-925-4038.**



**Dr. John Joyce** is a fellowship trained urogynecologist at Avista Adventist Hospital. Urogynecology is a highly technical subspecialty within obstetrics and gynecology that requires years of advanced training in female pelvic medicine and reconstructive surgery. Dr. Joyce is committed to providing women with treatments that restore their quality of life.



**1 in 3 women**

will experience a pelvic floor disorder in their lifetime.



**Half of all women who suffer with pelvic problems**

have never discussed their symptoms with their doctor.

## Avista Pelvic Health Center



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[avistahospital.org/pelvichealth](http://avistahospital.org/pelvichealth)

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