

## ***Media Advisory***

**For Immediate Release:**

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### **Wuesthoff Senior Advantage Program to Host Educational Seminar on *'Tips for Overcoming Incontinence'***

**Brevard County, FL** (July 16, 2009) Wuesthoff Senior Advantage program will host a FREE educational seminar titled '*Tips for Overcoming Incontinence,*' **Wednesday, August 5**, from **1 to 2 p.m.**, at the Wuesthoff Medical Center-Melbourne classroom, 250 N. Wickham Road, Melbourne.

An educational lecture to help patients focus on simple ways to prevent and cure incontinence issues; the program will also help raise awareness on this medical issue which is not discussed often, but when caught early enough can be handled with simple exercises versus invasive procedures.

"Bladder problems and the inability to control leaking are common health issues," said Aniela Orr, keynote speaker and physical therapist for Wuesthoff Rehabilitation Services. "More than 35-percent of women over the age of 45 suffer from incontinence yet it's preventable and curable."

In total, more than 25-million Americans suffer from urinary incontinence, 80-percent of those patients are women. For women, pregnancy, childbirth and menopause can weaken pelvic muscles and the physical structure of the urinary tract, causing incontinence issues.

For more information or to reserve a seat, call the Wuesthoff Senior Advantage office at **(321) 752-1287**.

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