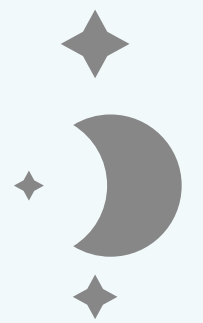
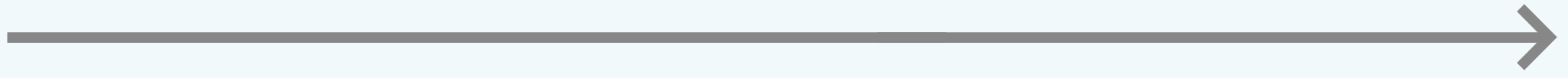
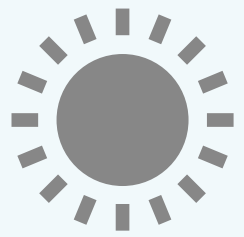
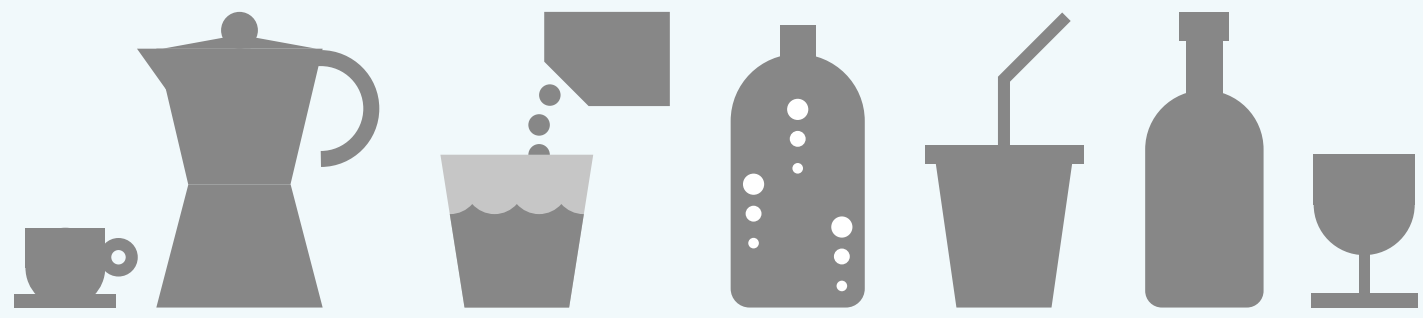


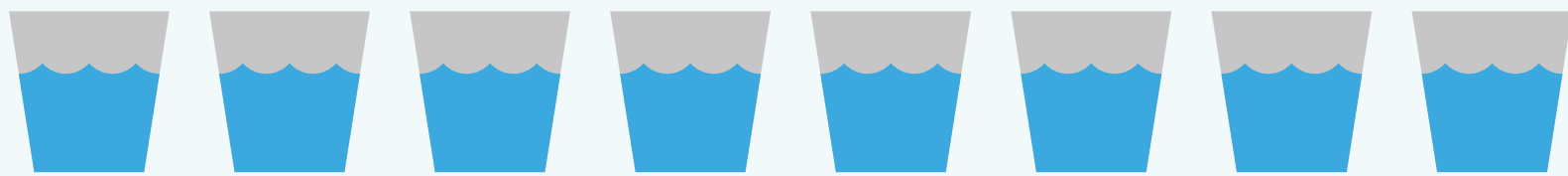
Bladder incontinence tips

Limit Intake



Drink

6-8



Go Every
3-4 Hours

