



**I can't  
control  
when  
I go.**

## **Accidents happen and they are embarrassing.**

In less time than it takes to enjoy a cup of coffee, you can find out why you can't control when you go.

**Don't be silent.** Talk to your doctor today and spend less time in the bathroom and more time enjoying life accident-free.

# Any of these sound familiar when it comes to your bathroom habits?



- ✓ I spend more time in the bathroom than I'd like.
- ✓ I go less than 3 times per week.
- ✓ It's straining trying to go.
- ✓ I never feel like I fully go.

## **You don't have to live with constipation.**

Spend less time in the bathroom by talking to your doctor today. A simple 15 minute procedure can be done right here in our office.