

INTERACTIVE WORKSHOP:

TAKE CONTROL, DON'T SETTLE

FEMALE URINARY INCONTINENCE AND PELVIC FLOOR



Directed to: general public. Free entrance.
Number of hours: 2 hours.
Place: Centro Médico Teknon.
Date: 27th February 2013 and 13rd March 2013

Summary

Asociación Continencia and Teknon Fundation organized an interactive workshop about female urinary incontinence and pelvic floor.

The aim of the workshop was to explain what the urine incontinence is and remove the taboo about this problem. Dr. Batista (urologist) and Dr. Del Pozo (gynaecologist) talked about the causes and treatments of this pathology that affects a lot of women nowadays.



Dra. Molinuevo, the psychologist, highlighted how the quality of live decreases for that kind of patients and the importance of consulting a specialist. After that, the physiotherapists specialized in pelvic floor (Anaïs Bassas, Iraia Lekue and Maria Curbera) did a session of pelvic floor exercises.

The workshop concluded with questions that were answered at the moment by the specialists.

Audience: 120 people (60 each session).

