

INTERACTIVE WORKSHOP:
INCONTINENCE?
IT'S TIME TO TAKE CARE OF YOUR PELVIC FLOOR



Directed to: general public. Free entrance.
Number of hours: 2hours.
Place: Centre Mèdic Teknon.
Date: 8th May 2013

Summary

Asociación Continencia with Teknon Foundation held a workshop about the influences of pregnancy and childbirth on the pelvic floor and their relationship with urinary and fecal incontinence.

Dr. Centeno talked about the causes and possible treatments for fecal incontinence. Drs M. Del Campo and E. Gomez explained the different types of urine incontinence, diagnostic tests and treatment. The physiotherapist Pilar Pons talked about the rehabilitation of the pelvic floor and its importance in the postnatal period.

Afterwards, the attendees participated in a pelvic floor group guided by, Anais Bassas and Iraia Lekue, specialized physiotherapists.

The workshop ended with a round of questions.

Audience: 38 people.

