

Bladder Health Awareness Month Media Kit November 1-30, 2016

November is Bladder Health Awareness Month! Spread the word about healthy bladders by sharing SWHR's tweets and Facebook posts with your followers. Learn more about bladder health and SWHR's Interdisciplinary Network on Urological Health in Women on our [website](#), and be sure to check out our [paper](#), "Expert Panel Recommendations on Lower Urinary Tract Health of Women Across Their Life Span," published in the *Journal of Women's Health*!



TWITTER

53% of women will have at least one UTI in her lifetime. Learn more – it's #BladderHealth Awareness Month! <https://www.ncbi.nlm.nih.gov/pubmed/27285829>

24% of women ages 18-44 have urinary incontinence. #BladderHealth <https://www.ncbi.nlm.nih.gov/pubmed/27285829>

Care for urinary incontinence costs women 45x more than men! Learn more: <https://www.ncbi.nlm.nih.gov/pubmed/27285829> #BladderHealth

Women are 25 to 50% more likely than men to get #bladdercancer. Learn more: <https://www.ncbi.nlm.nih.gov/pubmed/27285829> #BladderHealth

A whopping 90% of women with urinary incontinence never discuss symptoms with healthcare providers. #BladderHealth <https://www.ncbi.nlm.nih.gov/pubmed/27285829>

From our Urology Network: What Is a Healthy Bladder? @huffpostblog http://www.huffingtonpost.com/society-for-womens-health-research/what-is-a-healthy-bladder_3_b_9152018.html?ncid=engmodushpimg00000004 via @HPLifestyle #BladderHealth

School Bathroom Habits Impact Life-Long Bladder Health: Opening the Door to the Girls' Room http://www.huffingtonpost.com/society-for-womens-health-research/school-bathroom-habits_b_8265730.html?ncid=engmodushpimg00000004 via @HPLifestyle #BladderHealth

It's #BladderHealth Awareness Month! Learn more from our urology paper, published in the *Journal of Women's Health*: <https://www.ncbi.nlm.nih.gov/pubmed/27285829>

More than 80 percent of teachers encourage students to hold their urine. Learn more: http://www.huffingtonpost.com/society-for-womens-health-research/school-bathroom-habits_b_8265730.html #BladderHealth

Short breaks between classes leave students holding their urine all day long. Learn more: http://www.huffingtonpost.com/society-for-womens-health-research/school-bathroom-habits_b_8265730.html? #BladderHealth

Do you have “bladder on the brain”? Find out: http://www.huffingtonpost.com/society-for-womens-health-research/what-is-a-healthy-bladder_3_b_9152018.html #BladderHealth

Did you know caffeinated or artificially sweetened beverages increase your urine output? Learn more: http://www.huffingtonpost.com/society-for-womens-health-research/what-is-a-healthy-bladder_3_b_9152018.html #BladderHealth

That old “eight glasses of water per day” rule is bunk. Learn more: http://www.huffingtonpost.com/society-for-womens-health-research/what-is-a-healthy-bladder_3_b_9152018.html #BladderHealth



FACEBOOK

It's Bladder Health Awareness Month! Check out our blog post from Interdisciplinary Network on Urological Health in Women member Clare Close, MD, FAAP: http://www.huffingtonpost.com/society-for-womens-health-research/school-bathroom-habits_b_8265730.html

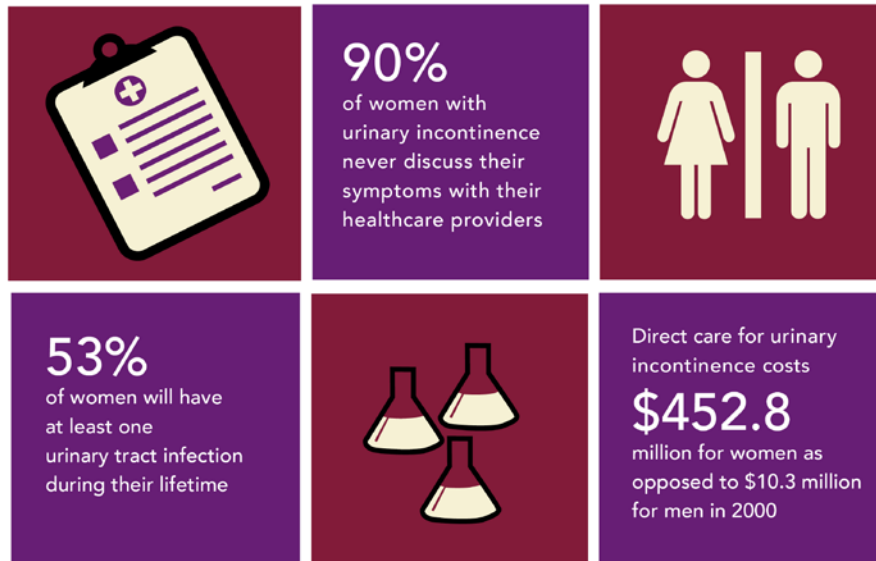
It's Bladder Health Awareness Month! Check out our blog post from Interdisciplinary Network on Urological Health in Women members Toby Chai, MD, and Candace Parker-Autry, MD: http://www.huffingtonpost.com/society-for-womens-health-research/what-is-a-healthy-bladder_3_b_9152018.html

For Bladder Health Awareness Month, we want to spotlight our Interdisciplinary Network on Urological Health in Women! Learn more about the network: <https://www.ncbi.nlm.nih.gov/pubmed/27285829>

Have you read our paper on urology published in the Journal of Women's Health? What better time than Bladder Health Awareness Month! <https://www.ncbi.nlm.nih.gov/pubmed/27285829>

GRAPHICS

WOMEN ARE DISPROPORTIONATELY AFFECTED BY UROLOGICAL CONDITIONS COMPARED WITH MEN



Any questions about how to get involved and/or use these materials?
Contact us at communications@swhr.org!