

UNDERSTANDING PELVIC HEALTH

認識骨盆腔器官健康講座

什麼叫前列腺漲大？
如何影響男士？

有尿溢出、
尿頻、夜尿、
是老化嗎？

便秘如何影響我們骨盆腔的器官？

日常的生活、運動等如何影響我們骨盆腔的器官？

更年期前後如何影響我們骨盆腔的器官？

什麼叫骨盆
骶肌運動？

什麼是子宮脫垂？
膀胱脫垂？
直腸脫垂？



free presentation by:

Miranda Fung

RN, BScN, NCA (Nurse Continence Advisor)



AGOAC

This presentation is held:

Date: Saturday April 27, 2019

Time: 10:00am – 11:30am

Place: Senior Centre (OAC), 2/F at
Angus Glen Community Centre

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老年人尿失禁治療

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