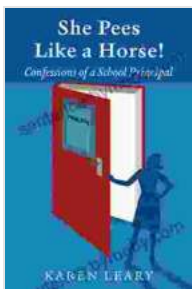


She Pees Like a Horse: The Unbelievable Story of a Woman Who Overcame Incontinence

Incontinence is a condition that affects millions of people worldwide. It can be caused by a variety of factors, including childbirth, aging, and certain medical conditions. For many people, incontinence can be a source of great embarrassment and shame.



She Pees Like a Horse: Confessions of a School Principal by Jean Edward Smith

★★★★☆ 4.7 out of 5

Language : English
File size : 792 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 185 pages



This is the story of a woman who overcame incontinence. It is a story of hope, strength, and perseverance.

The woman in this story is named Sarah. She is a wife, mother, and grandmother. She is also a successful businesswoman. But for many years, Sarah suffered from incontinence. She was so embarrassed by her condition that she avoided social situations and even stopped going to church.

Sarah's incontinence had a devastating impact on her life. She felt isolated and alone. She was afraid to leave her house and she constantly worried about having an accident in public.

One day, Sarah decided that she had had enough. She was tired of living in fear and embarrassment. She went to her doctor and got the help she needed.

With the help of her doctor, Sarah began a program of exercises and lifestyle changes that helped her to regain control of her bladder. It was a long and difficult process, but Sarah was determined to succeed.

Today, Sarah is free from incontinence. She is no longer afraid to leave her house and she enjoys spending time with her family and friends. She is also a passionate advocate for other women who are suffering from incontinence.

Sarah's story is an inspiration to us all. It shows us that even the most difficult challenges can be overcome with hope, strength, and perseverance.

What is incontinence?

Incontinence is the involuntary loss of urine or feces. It can be a temporary or permanent condition. There are many different types of incontinence, including:

- **Stress incontinence** is the involuntary loss of urine when you cough, laugh, or sneeze.

- **Urge incontinence** is the involuntary loss of urine when you have a sudden need to urinate.
- **Overflow incontinence** is the involuntary loss of urine when your bladder is full.
- **Fecal incontinence** is the involuntary loss of feces.

What causes incontinence?

Incontinence can be caused by a variety of factors, including:

- **Childbirth**
- **Aging**
- **Certain medical conditions**, such as diabetes, stroke, and multiple sclerosis
- **Medications**
- **Alcohol**
- **Caffeine**

How is incontinence treated?

There are a variety of treatments for incontinence, including:

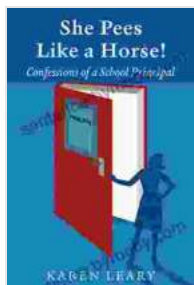
- **Lifestyle changes**, such as losing weight, avoiding caffeine and alcohol, and doing exercises to strengthen the pelvic floor muscles
- **Medications**
- **Surgery**

How can I cope with incontinence?

If you are suffering from incontinence, there are a number of things you can do to cope:

- **Talk to your doctor**
- **Join a support group**
- **Use incontinence products**, such as pads, liners, and diapers
- **Make lifestyle changes**

Incontinence is a common condition that can have a devastating impact on your life. But it is important to remember that incontinence can be treated. With the right treatment, you can regain control of your bladder and bowel function and live a full and active life.



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