

# URINARY RECOVERY AFTER PROSTATECTOMY

**STARTING JANUARY 2019**

**LAST THURSDAY OF EVERY MONTH FROM 5:00 — 6:30 PM**

**100-15261 Russell Avenue—White Rock**

Led by Sam Hughes, MScPT (Pelvic Floor Physiotherapist)

This interactive class will give you a comprehensive approach of the best strategies to help you return to continence after prostatectomy surgery.

Suitable for men **pre** and **post** prostate cancer surgery and their partners.

## Topics covered:

- **Introduction to Prostatectomy Surgery**
- **Re-training the Bladder**
- **How to control urgency**
- **Best drinking and eating habits**
- **Pelvic Floor Muscle training principals**
- **Relaxation exercises**
- **Erectile Dysfunction and more**

**\$30 dollars per person**

**\$50.00 per couple**

**CASH OR CHEQUE**

E-mail [info@samhughesphysiotherapy.com](mailto:info@samhughesphysiotherapy.com) to confirm as places are limited

### **About Sam Hughes**

Sam Hughes is a BC Pelvic Floor Physiotherapist currently working at **Physiomoves** in Ocean Park. She started the prostatectomy program at the Bladder Centre in Jim Pattison Clinic and conducted research in the area of prostatectomy incontinence. She is active in the community increasing public and health professionals awareness in the area of pelvic floor health. She has given numerous presentations and seminars and has treated hundreds of men with urinary incontinence.

[www.prostatectomy.ca](http://www.prostatectomy.ca) | [www.samhughesphysiotherapy.com](http://www.samhughesphysiotherapy.com)

Phone: 604-385-4000

