

Get an Appointment

You may call yourself or be referred by your family doctor, specialist or health care provider.



Remember:

Bladder and bowel concerns are not something you need to live with. These problems can be treated, managed or cured, often without medication or surgery.

**Call today...
You will be glad you did!**

Other Clinic Locations

Call 905-573-4821 for all other locations listed below:

- **St. Joseph's Villa**
56 Governor's Road
Dundas, Ontario
- **Hotel Dieu Shaver Health and Rehabilitation Centre**
541 Glenridge Avenue
St. Catharines, Ontario
- **Norfolk General Hospital**
365 West Street
Simcoe, Ontario
- **St. Joseph's Lifecare Centre**
99 Wayne Gretzky Parkway
Brantford, Ontario



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Continence Care Clinics



St. Joseph's
Healthcare  Hamilton

Continence Care
Clinics

St. Joseph's Healthcare Hamilton,
King Campus
2757 King Street East,
Hamilton, Ontario
905-573-4823

For other locations see back panel.

Who Should Come?

If you have any of these problems:

- go to the bathroom often
- leak urine when you cough, laugh, sneeze or do an activity have
- bladder infections often
- have problems with constipation
- have problems with bowel control
- have a strong need to urinate right away

Come to a Continence Care Clinic if you want to take charge of your bladder and bowel health!

Quality Care

The Continence Care Clinics are part of the Continence Program which was started over 20 years ago by Dr. Jennifer Skelly at St. Joseph's Healthcare Hamilton.

Dr. Skelly expanded this successful program to the Hamilton Niagara Haldimand Brant LHIN.

In a Continence Care Clinic you see a certified Nurse Continence Advisor who is a Registered Nurse with advanced education and training in continence care.



Your Clinic Visit

Your first visit will last for about 1 hour. You will be asked questions about your bladder or bowel problem.

You may have an ultrasound test to see how well you empty your bladder. You may need to have physical exam to measure the strength of your pelvic muscles.

Education is a key part of this program. During your visit, the Nurse Continence Advisor will talk to you about treatment options which may include:

- learning about the causes of your problem
- learning pelvic muscle exercises
- changing your drinking or eating habits
- using continence products