

A photograph of a person from the waist down, wearing a white t-shirt and dark jeans. They are holding their lower back with both hands, suggesting pain or discomfort. The background is a blurred indoor setting with a light-colored wall and a dark baseboard.

## **Empowering Wellness: A Guide on Overcoming Stress Urinary Incontinence**

# Overcoming Urinary Incontinence

**Jiyuan Zhang**



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