

**MYTH BUST  
NUMBER 4**

**"I'M EMBARRASSED TO  
DISCUSS MY PROBLEMS  
DOWNSTAIRS..."**

**PLUS I WON'T GET  
TAKEN SERIOUSLY."**



***WE WILL TAKE YOU SERIOUSLY! WE'LL LISTEN, PUT YOU AT EASE  
AND GET YOU THE HELP YOU NEED. WE ARE HERE FOR YOU.***

Pregnant or up to one year after birth? If you are having pelvic health issues, you don't have to *just live with it*. Whether your symptoms can be managed at home (using online self-help tools) or you need specialist treatment, tailored advice and care is available to you. Simply visit [letsgetbetter.online/pelvichealth](https://letsgetbetter.online/pelvichealth), scan the QR code or speak to your midwife or healthcare professional.

