



A new website dedicated to feminine urinary stress incontinence

Montréal (Québec), March 16, 2010 – As a newcomer in the virtual world of social communication, ***Laughing without Leaking*** website has been created to encourage women to share their concerns with other women, to learn more about these small amounts of urine leakage which are called urinary stress incontinence and to help them manage their symptoms.

As explained by Dr. Donna Fedorkow, urogynecologist, Associate Professor in Obstetrics & Gynecology and Director Continuing Medical Education at McMaster University, “Urinary stress incontinence - the most common form of urinary incontinence - results from a weakness of the pelvic floor muscles – the group of muscles, ligaments and tissues supporting the main organs of the lower abdomen (bladder, uterus, intestine). Conditions such as obesity, vaginal delivery of large babies and conditions of chronic cough contribute to the development of urinary stress incontinence. Typical symptoms include urinary leakage with laughing, coughing, sneezing and other physical activities. Women often describe the leakage of small volumes (drops or dribbles) of urine. Treatments are directed towards strengthening the pelvic floor muscles. The ***Laughing without Leaking*** website is a valuable source of information and support for women suffering from urinary stress incontinence.”

Dr. Fedorkow discusses feminine incontinence in a series of [video clips](#) presented on the ***Laughing without Leaking*** website.

***Laughing without Leaking*** is the only Canadian community website entirely dedicated to urinary stress incontinence. Most sections of this site are open to everyone. However, some spaces are restricted to duly registered members, who are authorized to write a note, send a comment or participate in a forum. [www.LaughingWithoutLeaking.ca](http://www.LaughingWithoutLeaking.ca) is a public social web space; however, members' identity is protected.

The ***Laughing without Leaking*** website is sponsored by [Duchesnay](#), a Canadian pharmaceutical company specifically dedicated to the health of the pregnant woman and her unborn child as well as to her quality of life during pregnancy and postpartum.

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