The State of Maryland

Proclamation

From the Governor of the State of Maryland

BLADDER HEALTH AWARENESS MONTH
NOVEMBER 2021

WHEREAS, *Tens of millions of Americans are affected by bladder diseases and conditions, including urinary incontinence, overactive bladder, stress urinary incontinence, urine accident, underactive bladder, interstitial cystitis, nocturia, urinary tract infections, bladder exstrophy, bladder cancer, urostomas, and neurogenic bladder; and*

WHEREAS, *Bladder diseases and conditions have a significant impact on a person's health and quality of life, contributing to depression, social isolation, accident, sexual dysfunction, loss of self-esteem, hospitalization, nursing home admissions, and even deaths; and*

WHEREAS, *Medical and behavioral research to better understand and maintain bladder health and treat bladder diseases is critically needed; and*

WHEREAS, *During the observance of Bladder Health Awareness Month, we hope to educate the public and encourage all residents to practice simple steps to keep their bladder healthy including, drinking plenty of water, using timely bathroom habits, avoiding foods that can upset the bladder, caring for your pelvic floor muscles, stop smoking and speak freely about bladder health; and*

WHEREAS, *Bladder problems are highly stigmatized, and open dialogue generated by Bladder Health Awareness Month can reduce this stigma and empower providers and patients to have much-needed conversations about bladder health.*

NOW, THEREFORE, I, LAWRENCE J. HOGAN, JR., GOVERNOR OF THE STATE OF MARYLAND, do hereby proclaim NOVEMBER 2021 BLADDER HEALTH AWARENESS MONTH in Maryland, and do commend this observance to all of our citizens.

Given *Under My Hand and the Great Seal of the State of Maryland, this 1st day of November, Two Thousand and twenty-one*

Governor

Lt. Governor

Secretary of State