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# Join the BINS4Blokes campaign this World Continence Week 2022

*This World Continence Week (20 to 26 June), pledge your support for the more than one million men around Australia who live with incontinence.*

**What is BINS4Blokes?**

BINS4Blokes is a men’s health initiative from the Continence Foundation of Australia and an Australia-wide awareness and advocacy campaign promoting the installation of incontinence product disposal bins in male public toilet facilities.

**Incontinence affects 1 in 10 men in Australia, of all ages.**

Did you know that many male public toilets do not have a disposal bin for men to place their continence products? This leaves men having to carry used products with them or feel stressed about how they’ll throw them out. A lack of options stops men with incontinence from going out to exercise, shop and simply enjoy life.

A study of Australian men with urinary incontinence found:

* 50% avoided situations where they could not access a toilet easily
* 57% intentionally kept accidents secret from those close to them
* 27% stated they stayed at home as a precautionary measure

**How you can support the BINS4Blokes campaign and improve men’s health in your community**

The Continence Foundation of Australia is calling on all agencies that provide toilet facilities to join the BINS4Blokes campaign and install incontinence product disposal bins in male toilets. Everybody should have access to a comfortable and discreet way to dispose of incontinence pads and pants.

“Our hope this World Continence Week is to get more BINS4Blokes into male public toilets Australia-wide,” says Rowan Cockerell, CEO of the Continence Foundation of Australia.

Adding BINS4Blokes to toilet facilities will help men in your community live and work with confidence.

BINS4Blokes supporter Greg Ryan was born with a rare congenital condition called Imperforate Anus, also known as Anorectal Malformation. He has lived with faecal incontinence his entire life and is passionate about raising awareness and understanding of incontinence. He says the BINS4Blokes campaign will make a huge difference.

“The BINS4Blokes campaign will impact and change the daily lives of men of all ages who have had to deal with incontinence, mostly in secret. I know BINS4Blokes will be a life changer for me!” says Greg.

**Get involved at** [**https://bins4blokes.org.au/**](https://bins4blokes.org.au/)

**Pelvic Floor Health for Men**

Many men don’t even realise they have a pelvic floor and like any muscle in the body, the pelvic floor muscles can be trained with regular, targeted exercise.

**Pelvic floor muscle exercises can help men with:**

* improving bladder and bowel control
* better recovery after prostate surgery
* increased sexual sensation
* increased social confidence and quality of life.

The first thing you need to do is find out which muscles you need to train. It is very important to correctly identify your pelvic floor muscles before moving into a regular pelvic floor muscle exercise program.

In almost all cases it is possible to gain control over the pelvic floor muscles and train them to do their job well.

For more information go to [pelvic floor muscles in men](https://www.continence.org.au/who-it-affects/men/male-pelvic-floor-muscles#training)