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- *Pelvic Floor Muscle (Kegel) Exercises for Males* (<https://sandbox18.mskcc.org/cancer-care/patient-education/pelvic-floor-muscle-kegel-exercises-males>)
- *Pelvic Floor Muscle (Kegel) Exercises for Females* (<https://sandbox18.mskcc.org/cancer-care/patient-education/pelvic-floor-muscle-kegel-exercises-females>)

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

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가 www.mskcc.org/pe 가 .

Urination Schedule for Your Neobladder - Last updated on April 19, 2024
Memorial Sloan Kettering Cancer Center가

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