

Scratch your leg, stall that pit stop

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Australian women needing to suppress the urge to visit a toilet should scratch the back of their leg, a local health expert said.

Physiotherapist Janetta Webb, a continence specialist, told a medial gathering this was a short-term cure for many women when they felt their bladders were bursting, The Age newspaper reports.

"If you scratch, or rub, the back of your calf vigorously, you may interrupt the message from your bladder to your brain just long enough for you to make it to the toilet," Webb said.

Webb works for the Jean Hailes Foundation for Women's Health, which has joined with the Continence Foundation of Australia to raise awareness of continence.

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