



## Health and YOU Community Wellness Series

### The Unspoken Topic: Urinary Incontinence in Women - Why It Happens and What You Can Do

Urinary leakage is common and treatable. This session explains types, causes, lifestyle strategies, pelvic floor support, and treatment options - plus when to seek medical care.



**Live Webinar**  
February 9, 2026  
4:00 PM - 5:00 PM  
(Qatar Time)



## Speaker

### Dr. Bothina Al-Mulla

*Obstetrics and Gynecology Physician  
Fellow in Urogynecology, Pelvic Floor Medicine, and  
Reconstructive Surgery  
Sidra Medicine*

Dr. Bothina Ali Al-Mulla is an Obstetrics and Gynecology physician specializing in Urogynecology, Pelvic Floor Medicine, and Reconstructive Surgery. She is currently completing a fellowship in urogynecology and pelvic floor medicine and works at Sidra Medicine and Research Center in Qatar.

Dr. Al-Mulla has extensive clinical experience in women's health and is passionate about improving quality of life through patient education and evidence-based care. Her interests include urinary incontinence, overactive bladder, pelvic organ prolapse, postpartum recovery, and pelvic floor rehabilitation. She has participated in medical research and community health initiatives and is committed to creating safe, supportive spaces for women to discuss sensitive health concerns. Through her work, she aims to reduce stigma around pelvic floor disorders and empower women with practical tools and treatment options.