

Free health guide for women suffering Light Adult Stress Incontinence

Submitted by: SPM Ltd

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Between 1 in five and 1 in seven women suffer the embarrassment and social stigma of uncontrolled urine leaks due to Light Adult Incontinence – typified by urine leakage when sneezing, coughing, exercising or laughing.

That is around 6,000,000 women of all ages – stress incontinence affects a third of new mums and over half of women past menopause.

The sad thing is that 80% of cases could be quickly and easily cured with a simple exercise programme.

For over 60 years women have not told how to exercise effectively and that it is ESSENTIAL to exercise by squeezing against a resistance as recommended by Arnold Kegel, the 'founder' of pelvic floor exercises.

Paul Abrams, Professor of Urology at the Bristol Urological Institute said: "It is 60 years since Arnold Kegel proposed pelvic floor exercises as a treatment for stress incontinence but a simple, effective method of putting all his principles into practice has eluded us."

"The PelvicToner™ seems to meet all the requirements that Kegel envisaged - it is a simple, patient-friendly, progressive resistance exercise device and provides feedback to the patient that the correct muscles are being engaged."

In most cases, users of the PelvicToner exerciser report total relief from symptoms within just a few weeks.

Now there is an informative new website, www.mypelvicfitness.com, designed to emphasise the importance of pelvic floor health and to recommend simple methods to help overcome the distressing and socially isolating problems of stress incontinence.

For those without internet access, a hardcopy version can be obtained by writing to:

Health Guide
SPM Ltd
PO Box 330
BRISTOL
BS9 2WJ

Or calling 0117 968 1414

Editors:

Visit www.mypelvicfitness.com or email press@spml.biz or call 0117 968 0171 for more information.

Stress incontinence is very common amongst women who have experienced natural childbirth and the natural

stretching of the birth canal; menopausal women whose falling oestrogen levels have led to a natural slackening of the pelvic floor muscles; and women who have not maintained a regular effective programme of pelvic floor exercises throughout their lives. Unfortunately the latter situation applies to the vast majority of women!

For the past 60 years many health practitioners, physiotherapists, midwives and childbirth counsellors have failed to heed the advice of Arnold Kegel that there should be a resistance to squeeze against and a positive feedback that the correct muscles were being engaged. The result is that stress incontinence is now a global problem affecting half of all women.

For any exercise to be effective the muscle must be worked regularly, repetitively and against resistance - the essential 3 Rs!

Imploring women to squeeze their pelvic floor against thin air and to 'exercise' whilst vacuuming or waiting for a bus is not only a complete waste of time but also totally demoralising. In the absence of a rapid improvement in their condition most women become frustrated and give up exercise altogether.

Arnold Kegel recommended his pelvic floor exercises to treat stress incontinence in 1948 and then published further research in 1952 suggesting that lack of pelvic floor muscle tone was a major contributor to 'female sexual dysfunction':

"Observations in [more than 3,000 women,] both parous and nulliparous..., ranging in age from 16 to 74 years, have led to the conclusion that sexual feeling within the vagina is closely related to muscle tone, and can be improved through muscle education and resistive exercise." "78 of 123 women complaining explicitly of sexual deficits achieved orgasm following the training".

Arnold H. Kegel "Sexual Functions of the Pubococcygeus Muscle "Western Journal of Surgery, Obstetrics & Gynecology, 60, pp. 521-524, 1952

The PelvicToner is an highly effective progressive resistance vaginal exerciser specifically designed to meet Kegel's criteria.

- * 92% of PelvicToner users reported greater awareness of their pelvic floor after just 2 weeks
 - * 87% of PelvicToner users reported improved bladder control within 2 weeks, 96% after 4 weeks
 - * 80% of PelvicToner users reported an improved sex life within 4 weeks
- (source: User survey)

Links:

light adult incontinence,Kegel,pelvic floor,pelvic exercises,pelvic muscle,bladder control,incontinence,stress incontinence,pelvictoner,pelvic toner (<http://www.mypelvicfitness.com>)