

Continence

What is Incontinence?

Incontinence is a widespread condition that affects 8.7% of individuals above 20 years old worldwide, which increases up to 30 to 60% in women aged 40+. Incontinence ranges in severity from 'just a small or occasional leak' to the complete loss of bladder or bowel control. It can occur at any age, but it is more likely to develop as you get older or following childbirth. Some people wrongly think that incontinence is a normal part of ageing or that it cannot be treated. This is unfortunate, as many cases can be successfully treated or significantly improved.

Urinary incontinence often occurs as a result of weak or stretched pelvic floor muscles. These muscles usually assist in supporting the abdominal and pelvic organs; help to control bladder and bowel; provide support for the baby during pregnancy and assist in the birthing process; as well as working with the abdominal and back muscles to stabilise and support the spine. In men, they are also important for erectile function and ejaculation.

Urinary incontinence can often be improved and can in most cases be treated. Urinary incontinence is treated differently according to the type and cause. Pelvic floor exercises are seen as the most effective way to prevent issues with incontinence. Yet, 1 in 3 women who are trying to perform pelvic floor exercises, do not know how or are unable to voluntarily exercise their pelvic floor muscle themselves and require assistance.

Incontinence is commonly associated with:

- Accidentally leaking urine when you exercise, laugh, cough or sneeze
- Needing to get to the toilet in a hurry or not making it there in time
- Constantly needing to go to the toilet
- Finding it difficult to empty your bladder or bowel
- Accidentally losing control of your bladder or bowel
- Accidentally passing wind
- A prolapse: In women, this may be felt as a bulge in the vagina or a feeling of heaviness, discomfort, pulling, dragging or dropping. In men, this may be felt as a bulge in the rectum or a feeling of needing to use their bowels but not actually needing to go
- Finally, if pain is experienced in your pelvic area during or after sex

Risk factors most commonly linked with urinary incontinence include:

- Pregnancy (pre and post-natal women) and menopause
- Specific types of surgery such as prostatectomy (removal of all or part of the prostate) and hysterectomy (removal of all or part of the uterus and/or ovaries)
- Reduced mobility preventing you from getting to or using the toilet
- Neurological and musculoskeletal conditions such as multiple sclerosis and arthritis
- Health conditions such as obesity, diabetes, stroke, heart conditions, respiratory conditions, prostate problems, constipation and urinary tract infections
- Some medications

There are different types of incontinence with a number of possible causes. The following are the most common:

Stress Incontinence - occurs during activities that increase abdominal pressure such as coughing, sneezing, laughing, lifting heavy objects or during physical activity. It is the most common form of urinary incontinence and affects about 51% of women suffering from incontinence.

Urge Incontinence - occurs when the need to urinate comes on so quickly that you might fail to make it to the bathroom in time. Also known as an over-active bladder. This is the most common form of urinary incontinence in men, affecting between 40-80% of men above 20 years old, worldwide. It can affect anyone at any age, but it appears to be more prevalent in the elderly.

Mixed Incontinence - a combination of both stress and urge incontinence.



What Are Kegel Exercises? Kegel exercises will help making the pelvic floor muscles stronger and keep them tone. It is recommended to make pelvic floor exercises as part of your daily life. Kegel exercises can be done at any time and are very discreet, so you can do them almost anywhere; lying in bed or sitting at the computer. It is a good idea to try and develop a routine which you can repeat each day. First, it is important to find your pelvic floor muscles and feel them working. So here are a couple of techniques which might help: Try to stop the flow of urine during urination. If you are successful, then you know you are exercising the correct muscles. For women, another way is to try inserting one or two clean fingers into your vagina and then squeezing the surrounding muscles, lifting up and towards your belly button – a squeezing and lifting sensation.

For a lot of women and men, it is complicated to perform the Kegel exercises correctly as it may be hard to identify the muscles that need to be contracted. In order to ensure that the Kegel exercises are being performed effectively, it is recommended to use a pelvic floor trainer or a pelvic floor exerciser. A pelvic floor trainer (Fleur or iEase) would help to use the correct muscles while practising the Kegel exercises, like a coach or a personal trainer. A pelvic floor exerciser (Kegel Toner, itouch sure, Elise, Sure PRO, perfect PFE and perfect PFE Men) would send a gentle electrical stimulation to the pelvic floor muscles, causing the muscles to contract and therefore perform the exercises without any effort.

Two Pelvic Floor Trainers (PFT) are available for women to help perform the Kegel exercises correctly:

Fleur, pelvic floor toning balls: due to the weight inside the toning balls, the unit will tend to come out if the pelvic floor muscles remain relaxed. The goal will be to try to keep the toning balls inside the body by contracting the pelvic floor muscles. The repetition of the contractions will help toning the pelvic floor.

iEase, pneumatic feedback technology: the unit will help performing the Kegel exercises correctly by making the muscles contract against the inflatable probe. The unit will also, like a personal trainer, notify you when to contract and when to relax; and will count down the contraction/rest time with a personalised programme depending on the current strength of the pelvic floor muscles.

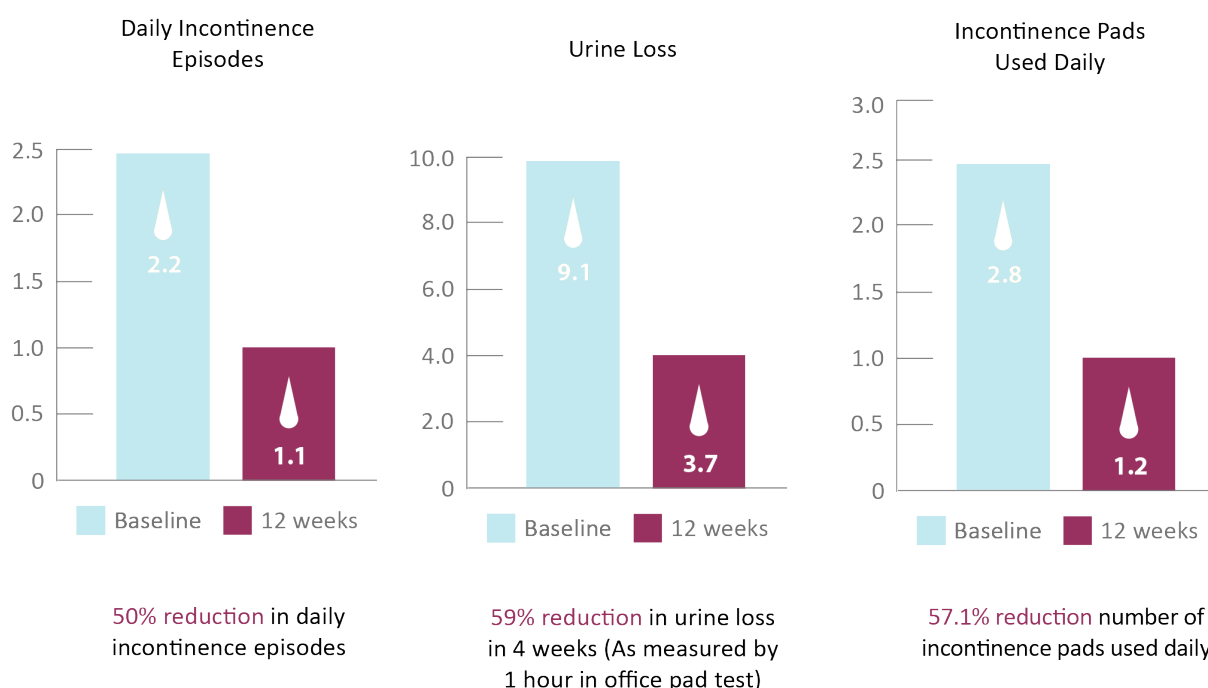
How do Pelvic Floor Exercisers Work? A Pelvic Floor Exerciser (PFE) sends a gentle stimulation (similar to your natural nerve impulses) direct to your pelvic floor muscles through a vaginal or anal probe with stainless steel electrodes, or through auto adhesive electrode pads. These signals make your pelvic floor muscles contract. If you have forgotten how to contract them, are having trouble getting muscle response, or simply want to bring back the condition of your pelvic floor muscles, a pelvic floor exerciser can work them for you to build up their strength and help you to develop your own muscle control. It perfectly complements pelvic floor exercises. In urge incontinence pelvic floor exercisers work in a slightly different way. The electrical stimulation is designed to soothe your bladder muscles rather than exercise your pelvic floor. The pelvic floor exerciser would then use a gentler, low frequency setting which promotes the release of endorphins and reduces involuntary contractions of the bladder (detrusor) muscle.

PFT and PFE Applications: Like other muscles in your body, the pelvic floor can be strengthened with regular exercise. Building pelvic floor strength enables the muscles to better support the pelvic organs, improves bladder and bowel control, and can stop accidental urine, faeces leakage or flatulence. In men, anal stimulation may also help men to strengthen their pelvic floor. Pelvic floor muscle training is recommended for recovery from some causes of Erectile Dysfunction. However it is not intended to treat any medical issues and your first step in deciding appropriate therapy should be to consult your professional medical advisor. The exercises will also generate a rush of blood towards the pelvic floor area, which allows a better vascularization of these muscles, which will improve sensitivity and sensations during sexual intercourse. It can also reduce the risk of prolapse, improve recovery from childbirth and gynaecological surgery. Doing just a few pelvic floor exercises daily will help to treat bladder weakness or prolapse symptoms and will help to prevent problems later on.

For Women: 1 in 3 women have issues with urinary incontinence, that's 1 billion women in the entire world. The average woman with incontinence will spend over US \$ 1,000 on incontinence management. And it's not just age that might cause it but also doing sports or giving birth. Indeed, 51% of female athletes have had this problem and the average age is only around 23 years old. It is also very common after a second pregnancy and if untreated, the problem will only worsen over time. Using a pelvic floor trainer or exerciser is an effective way of preventing incontinence before it starts and treating incontinence. This means that woman can stop using incontinence management products and prevent a potentially invasive surgery in the future.

For Men: The prevalence of incontinence in men of all ages is certainly lower than that for women. Large studies have indicated that about 3% to 11% overall, with urge incontinence accounting for 40% to 80% of all male patients. Stress incontinence accounts for less than 10% of cases and is attributable to prostate surgery, trauma, or neurological injury. Incontinence in men increases with age and appears to rise more steadily than it does in women. However, the estimates for severe incontinence in men in their 70's and 80's is still only about half of that in women. Men are also less likely to speak with a health care professional about incontinence, so it is probably far more common than statistics show.

Proven Results: A recent clinical trial carried out on the TensCare iTouch sure has been conducted in the US with excellent results. The chart below provides the results from the clinical trial.



Unicare

Continence



DIMENSIONS _____ 120 x 60 x 20 mm
WEIGHT _____ 100 grams
AMPLITUDE _____ 99 mA (max)
FREQUENCY _____ 10 - 110 (Hz)
PULSE WIDTH _____ 100 - 300 μ s
WAVEFORM _____ Asymmetrical Rectangular
POWER SUPPLY _____ Li-ion, 1000mAh, 3.7 V
PRODUCT CODE _____ K-UNICARE

Overview

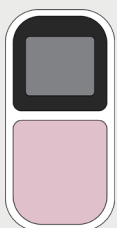
Unicare is the new pelvic floor exerciser from TensCare. The powered muscle stimulator combats bladder leakage and incontinence by strengthening the pelvic floor muscles. Unicare provides relief from conditions such as urinary and faecal incontinence, including stress, urge and mixed incontinence as well as post prostatectomy urinary incontinence in men.



Features

- 5 preset programmes including a new programme for period pain relief.
- New and improved detachable belt clip.
- Memory function tracks device usage and last programme used.
- Single channel unit provides relief from symptoms of incontinence via a vaginal loop probe with biofeedback pointer.
- Adjustable treatment timer.
- The brand-new period pain programme also offers drug-free relief from secondary menstrual pain, whilst stimulation can have further benefits including improved sexual intimacy and, in the case of anal stimulation in men, recovery from some causes of Erectile Dysfunction.

Kit Contents



x1 Device



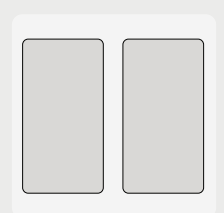
x1 Liberty Loop
Probe



x1 GoGel 50 ml



x1 Lead Wire



x2 Electrodes

Alivia

Continence



DIMENSIONS _____ 120 x 63 x 26 mm

WEIGHT _____ 100 grams

AMPLITUDE _____ 99 mA

FREQUENCY _____ 10 - 110 Hz

PULSE WIDTH _____ 30 - 300 μ s

WAVE FORM _____ Asymmetrical Rectangular

POWER SUPPLY _____ x2 AA

PRODUCT CODE _____ K-ALIVIA

Overview

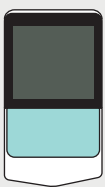
The Alivia is a powered muscle stimulator used to treat symptoms of urinary and/ or faecal incontinence. Alivia may also help to relieve the pain of secondary menstrual pain due to conditions such as endometriosis, fibroids or pelvic inflammatory disease. Alongside bladder leakage, Alivia may also help sexual intimacy by toning the pelvic floor muscles.



Features

- Single channel unit to treat symptoms of urinary incontinence via a probe with biofeedback pointer.
- Gentle stimulation with fine tune adjustment settings for different levels of intensity, 1 mA per step.
- Large LCD display
- Strong and robust belt clip
- 4 programmes for treating the different types of incontinence
- Specifically designed programme for period pain

Kit Contents



x1 Device



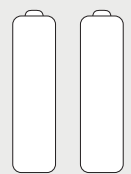
x1 Lead Wire



x1 Liberty Loop
Probe



x2 Electrode Pads



x2 AA Batteries

Fleur

Continence



DIMENSIONS _____ 180 x 35 x 35 mm

WEIGHT _____ 125 grams

MATERIAL _____ Medical Grade Silicone

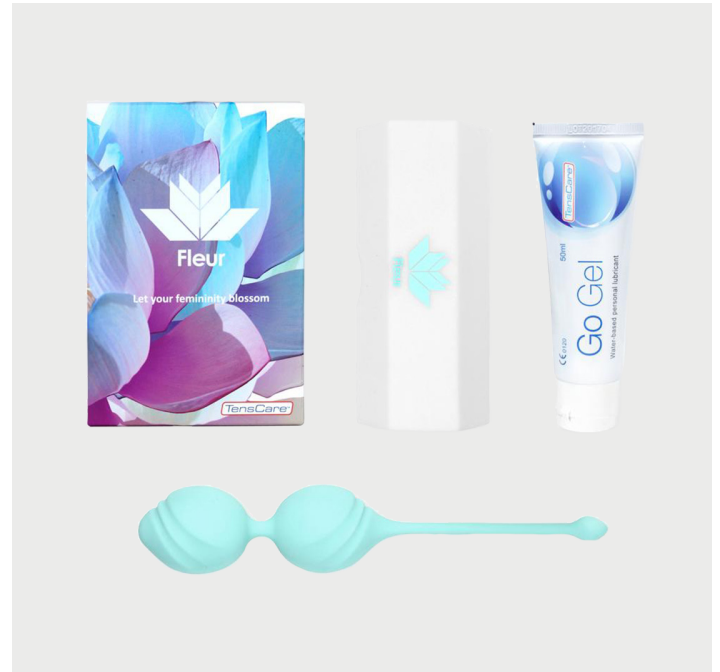
SPHERE DIAMETER _____ 35 mm

PRODUCT CODE _____ K-FLEUR

Overview

Fleur, pelvic floor toning balls have been developed with the most effective design to help perform Kegel exercises for:

- Urinary bladder leakage: mild stress, urge and mixed incontinence in women.
- Childbirth Preparation: the pelvic floor muscles are put under pressure during pregnancy, exercising these muscles regularly before and after labour will help to avoid bladder leakage post-partum.



Features

- High quality medical grade & phthalates-free silicone and perfect weight.
- Active or passive training: includes an assortment of Kegel exercises with every kit.
- Smooth silicone and patterned ridges for improved comfort during use.
- Oblong head for easy insertion and heart shaped tail's end for easy removal.
- Sexual intimacy: toning the pelvic floor muscles may also improve sexual sensation by increasing the blood flow to the area.
- Maintenance of pelvic floor strength: like any other muscles, the pelvic floor will weaken over time, it is important to exercise these muscles regularly to avoid bladder leakage in the future.

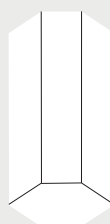
Kit Contents



x1 Device



Water-based Gel



Traveller Box

Kegel Toner

Continenence



DIMENSIONS _____ 120 x 60 x 20 mm
WEIGHT _____ 125 grams
AMPLITUDE _____ 99 mA (max)
FREQUENCY _____ 35 - 50 (Hz)
PULSE WIDTH _____ 250 - 300 μ s
WAVEFORM _____ Asymmetrical Rectangular
POWER SUPPLY _____ x2 AA
PRODUCT CODE _____ K-KT

Overview

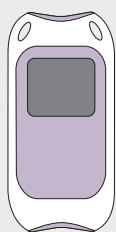
The Kegel Toner is a powered muscle stimulator used for strengthening the pelvic floor muscles. It provides relief from urinary stress incontinence and/or faecal incontinence. Kegel Toner can also be used to rehabilitate the pelvic floor muscles after childbirth. Most women need to rehabilitate their pelvic floor muscles after childbirth, and/or suffer from mild bladder leakage.



Features

- Single channel unit to provide relief from symptoms of all types of incontinence via a tampon-shaped probe.
- 2 preset programmes, train to strengthen weak muscles and a tone after-care programme.
- Comfortable stimulation with small steps of intensity, 1 mA per step. Automatically resets the strength to zero and flashes 'LEADS' if the connection comes loose
- Memory functions saving the number of uses and time of usage.
- Programme retention (automatically starts in the last programme used)
- Additionally, it may help improve sexual intimacy by toning the pelvic floor muscles.
- Maintenance of pelvic floor strength: the pelvic floor will weaken over time, it is important to exercise these muscles regularly to avoid future bladder leakage.

Kit Contents



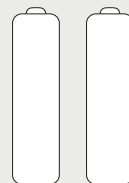
x1 Device



x1 Liberty Probe



x1 Leads



x2 AA Batteries

Elise 2

Continenence



DIMENSIONS _____ 100 x 65 x 18 mm
WEIGHT _____ 85 grams
AMPLITUDE _____ 99 mA (max)
FREQUENCY _____ 10 - 50 (Hz)
PULSE WIDTH _____ 200 - 300 μ s
WAVEFORM _____ Asymmetrical Rectangular
POWER SUPPLY _____ Li-ion, 600mAh, 3.7 V
PRODUCT CODE _____ K-EL2

Overview

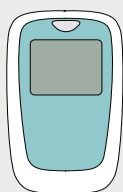
The Elise, pelvic floor exerciser, is a powered muscle stimulator used for strengthening the pelvic floor muscles. It provides relief from conditions such as: Urinary and faecal incontinence: including stress, urge and mixed types as well as post prostatectomy urinary incontinence in men. Additionally, it may help improve sexual intimacy by toning the pelvic floor muscles.



Features

- Single channel unit to provide relief from symptoms of all types of incontinence via a tampon-shaped probe.
- 4 preset programmes including stress, urge, mixed and tone after-care programme.
- Comfortable stimulation with small steps of intensity, 0.5 mA per step.
- For safety purposes, the strength automatically resets zero and flashes 'LEADS' if the connection comes loose.
- Memory functions displaying the total duration of use and average strength used.
- Anal stimulation may also help men who are unable to execute Kegel exercises to strengthen their pelvic floor.
- Pelvic floor muscle training is recommended for recovery from some causes of Erectile Dysfunction (anal probe is required).

Kit Contents



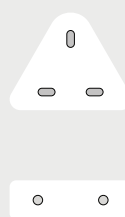
x1 Device



x1 Liberty Probe



x1 Lead Wire



x2 Charging Adaptors

iTouch Sure

Continenence



DIMENSIONS	102 x 53 x 28 mm
WEIGHT	125 grams
AMPLITUDE	99 mA (max)
FREQUENCY	10 - 50 (Hz)
PULSE WIDTH	200 - 300 μs
WAVEFORM	Asymmetrical Rectangular
POWER SUPPLY	x2 AA
PRODUCT CODE	K-IT2

Overview

The itouch sure is a powered muscle stimulator used for strengthening the pelvic floor muscles. It provides relief from conditions such as: Urinary and/or faecal incontinence: including stress, urge and mixed types in both men and women as well as post prostatectomy urinary incontinence in men. Additionally, it may help improve sexual intimacy by toning the pelvic floor muscles.



Features

- Single channel unit to provide relief from symptoms of all types of incontinence via a tampon-shaped probe.
- 4 preset programmes including stress, urge, mixed and a tone after-care programme.
- Comfortable stimulation with small steps of intensity, 0.5 mA per step. Automatically resets the strength to zero and flashes.
- 'LEADS' if the connection comes loose.
- Programme retention (automatically starts in the last programme used).
- Anal stimulation may also help men who are unable to execute Kegel exercises to strengthen their pelvic floor.
- Pelvic floor muscle training is recommended for recovery from some causes of Erectile Dysfunction.

Kit Contents



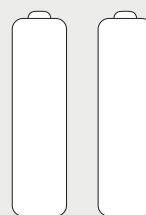
x1 Device



x1 Liberty Probe



x1 Lead Wire



x2 AA Batteries

Sure Pro

Continenca



DIMENSIONS _____ 115 x 56 x 23 mm

WEIGHT _____ 100 grams

AMPLITUDE _____ 99 mA (max)

FREQUENCY _____ 3 - 90 (Hz)

PULSE WIDTH _____ 50 - 500 µs

WAVEFORM _____ Asymmetrical Rectangular

POWER SUPPLY _____ Li-ion 3.7 V

PRODUCT CODE _____ K-SP

Overview

The Sure Pro is a versatile professional continence stimulator unit that offers the latest technology in a simple package that is suitable for home use. The Sure Pro, pelvic floor exerciser, provides relief from conditions such as: urinary and/or faecal incontinence, chronic pelvic pain and improvement of pelvic strength.



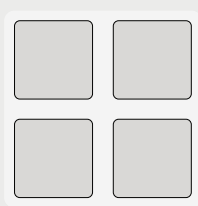
Features

- 2 independent channels to treat symptoms of incontinence via a tampon-shaped probe and/or electrode pads.
- 9 preset EMS programmes including stress, urge, mixed, endurance, pelvic floor workout and tone after-care.
- 3 preset TENS programmes including tibial nerve stimulation and pelvic pain relief. 3 manual programmes that can be defined to experiment and save preferred settings.
- Comfortable stimulation with 99 small steps of intensity (1 mA per step).
- History of daily usage by programme and by time (up to 90 days of usage).
- Additionally, it may help improve sexual intimacy by toning the pelvic floor muscles.
- Use with an anal probe can help men to strengthen their pelvic floor muscles which is recommended for recovery from causes of Erectile Dysfunction.

Kit Contents



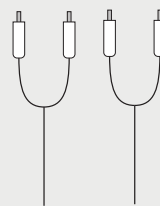
x1 Device



x4 Electrodes



x1 Liberty Probe



x2 Lead Wires



x2 Charging Adaptors

Perfect PFE Men

Continence



DIMENSIONS _____ 120 x 60 x 20 mm
WEIGHT _____ 120 grams
AMPLITUDE _____ 99 mA (max)
FREQUENCY _____ 4 - 50 (Hz)
PULSE WIDTH _____ 200 - 300 μ s
WAVEFORM _____ Asymmetrical Rectangular
POWER SUPPLY _____ x2 AA
PRODUCT CODE _____ K-PPFE-MEN

Overview

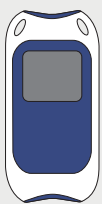
The perfect PFE, Pelvic Floor Exerciser for men is a powered muscle stimulator used for strengthening the pelvic floor muscles, it may also help to relieve symptoms of chronic prostatitis/chronic pelvic pain. It provides relief from conditions such as: Urinary and faecal incontinence: including stress, urge and mixed types including post prostatectomy urinary incontinence.



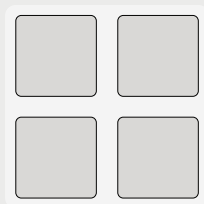
Features

- Single channel unit to provide relief from symptoms of incontinence via an anal probe or self-adhesive electrode pads.
- 4 preset EMS programmes including stress, urge, mixed, tone and 1 preset TENS programme for pelvic pain relief Comfort-able stimulation with small steps of intensity, 1 mA per step.
- Automatically resets the strength to zero and flashes 'LEADS' with a loose connection.
- Memory functions saving the number of uses and time of usage.
- Programme retention (automatically starts in the last programme used).

Kit Contents



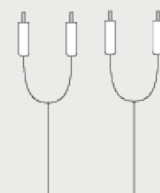
x1 Device



x1 Electrodes



x1 Liberty Fit Probe



x2 Lead Wires



x1 Water based Gel