

"My life has been totally transformed!" beams Sherri



"I'm finally free of bladder leaks!"

Sherri Shockley thought that her embarrassing urinary incontinence would sideline her from a joyful retirement...until a state-of-the-art device gave her back her life and her freedom!

Sherri Shockley fought a wave of frustration and humiliation as she rushed to the bathroom after just a few minutes of walking around her California town.

Ever since the birth of her second child, Sherri's incontinence had left her sidelined in moments just like this. Over the years, she had not been able to cough, walk or even go for car rides without worrying about leaks. And as a nurse, often on her feet for long stretches, it was becoming more and more untenable.

Having tried physical therapy, Kegels and wearing pads to no avail, Sherri's doctors finally suggested surgery. *I can't do anything invasive down there, the then-57-year-old new retiree balked. But I also don't want to live the rest of my life in diapers! I want to travel and enjoy my retirement...but how?*

A miraculous cure

One day, while on Facebook, Sherri saw an advertisement for ELITONE (Elitone.com/?ww), an externally worn device that delivers electrical stimulation to strengthen pelvic floor muscles and calm overactive bladder muscles.

The device comes with a 2" controller that connects electrodes to a thin, flexible "GelPad" that lightly adheres to the skin of the outer labia along the perineal area. Using the controller, the user delivers painless electrical stimulation to her pelvic floor muscles to improve—and ultimately eliminate—leaks.

It's FDA approved, looks discreet and I'd only have to do it for 20 minutes a day for six weeks, Sherri read. Though the price—\$350 for the system, which includes a tiny machine that sends the pulses, 5 GelPads, connectors and a charge cord—seemed steep, she discovered it was covered by

Medicare. *What do I have to lose?*

Once her kit arrived, Sherri got the GelPad in position and clipped the small controller to her waistband. Instantly, she could feel her pelvic floor muscles tighten, hold for a few seconds, then release—a mild pressure that caused her no discomfort. She relaxed and watched TV for the 20 minutes of her first session, but Sherri was thrilled to learn she could also easily move around while wearing it.

Using it once a day for six weeks, Sherri began noticing a huge difference toward week five—in fact, her leaks had disappeared! "My life totally transformed," beams the 59-year-old, who maintains her progress by using ELITONE one week a month.

"Right now, I'm driving cross-country in a van, and I've had no leaks at all. Bumps in the road don't worry me anymore. I've also saved so much money not having to buy regular pads in the store every week since you can use the GelPads more than once—they last longer and cost so much less. I've gotten my life back!" —*Alexandra Pollock*

"At-home technology makes effective bladder control treatments available to all."

—Roberta Kline, M.D.

Before considering a gizmo, try Kegels this way



Kegel exercises stop leaks for 86% of women who try them, but doing them correctly and regularly are key to success, asserts Laura Corio, M.D., author of *The Change Before the Change*. Her how-to: Squeeze your pelvic muscles (like you're trying to

hold in urine) for 5 seconds as you exhale, then release as you inhale—that's one rep. Do 15 reps three times a day, holding the contractions a little longer each time. To ensure you're doing them often enough, download the free "Kegel Trainer" app (iTunes

and GooglePlay) to set reminders and track your progress. It may take up to three months to see improvement, but Dr. Corio says doing the same exercises with small, weighted vaginal cones (at drugstores for \$45) can strengthen the pelvic floor faster.

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