

Stress Incontinence Treatment Guide for Women

Did you know?

1 in 3 women leaks when she sneezes, coughs, laughs, or jumps. This is called stress urinary incontinence. These leaks aren't just a natural part of aging, and they can typically be treated. Don't wait. Without treatment your incontinence will likely get worse.

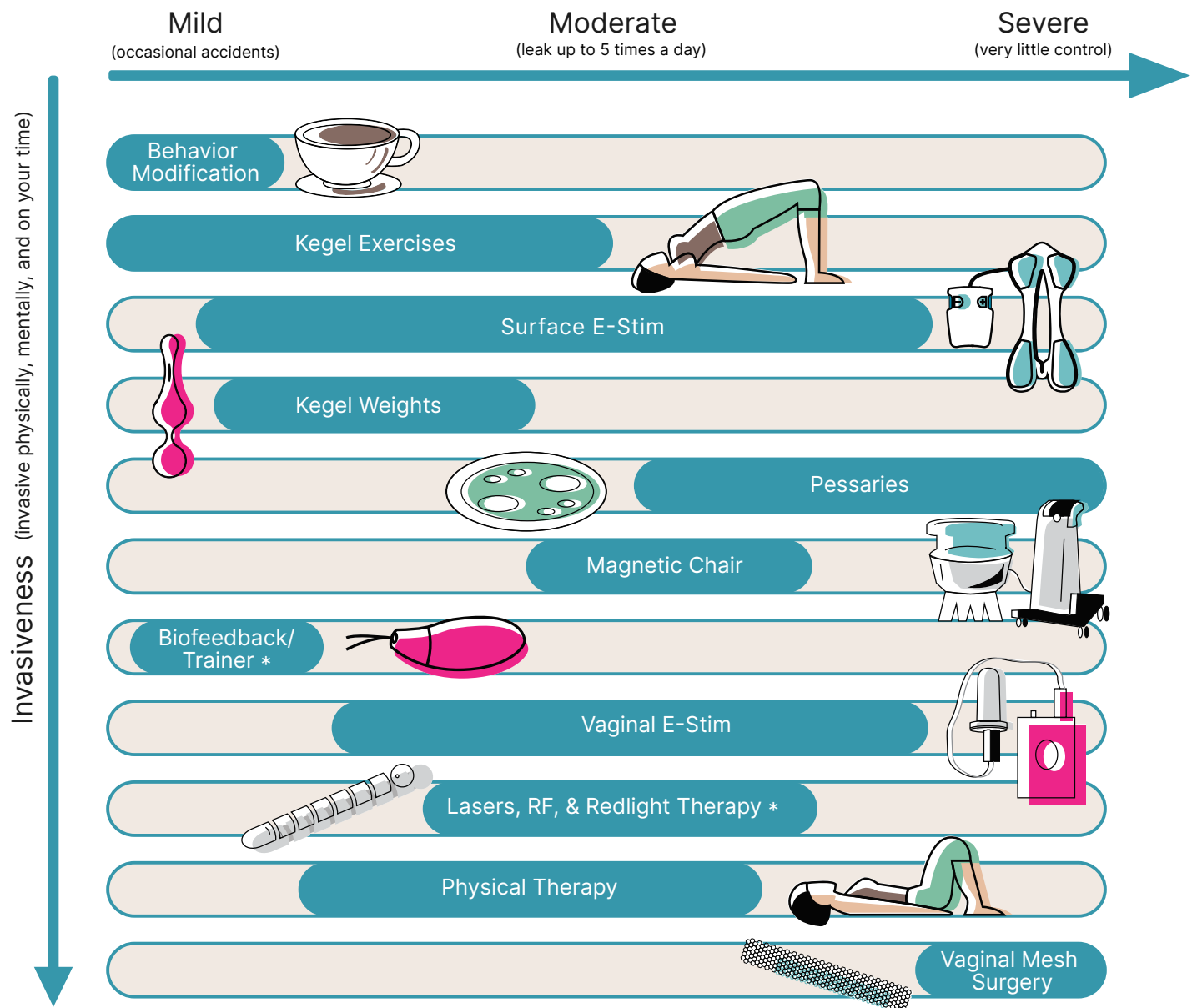
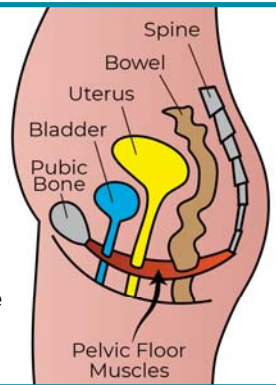
How to do Kegels?

Kegel exercises are great first-line treatment. By repeatedly contracting and relaxing the pelvic floor muscles you can build strength and learn to prevent those accidents. Learn more at elitone.com/kegels.

Are there other Treatments?

Your treatments options will depend on whether your symptoms are mild, moderate, or severe. Some treatments are more invasive than other.

The pelvic floor muscles act as a sling to support the bladder, uterus, and bowels. When they lose their tone they can become unable to resist sudden changes in abdominal pressure, and the result is urine leakage.



* Not FDA-approved to treat incontinence



Surface E-stim for the treatment of stress urinary incontinence.

Easy - Use it anytime, anywhere. Just 20 minutes a day for 6 weeks.

External - Wear it like a pad. Nothing is inserted vaginally.

Effective - 95% of women reported a reduction in leaks.

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