

A breakthrough treatment for complete pelvic floor rehabilitation

By Theresa Fleetwood, Founder of Andresa Aesthetics

Natural ageing, childbirth and menopause can all lead to weak pelvic floor function, resulting in a spectrum of symptoms, including urinary leakage or incontinence. We tend to think of urinary incontinence as not being able to get to the bathroom in time, or of being unaware that we've "gone", something that is termed urge incontinence, but incontinence also includes those "Oops" moments when we cough, laugh or sneeze, which is termed stress incontinence. And one thing is almost a guarantee – it will get worse with age.

Benefits of Emsella

- Over 95% success rate
- Improves quality of life
- Non-invasive and comfortable
- Able to remain fully clothed throughout
- Results after six 28-minute sessions
- Leakage during coughing, sneezing and exercise improved or eliminated
- Frequency of toilet visits reduced
- Improvement often after first session

Over 40% of women needlessly suffer some degree of urinary leakage

Progressive deterioration of pelvic muscle tone can have a multi-dimensional impact on our lives. For example, sufferers may start to also suffer with anxiety because social interaction is fraught with the risk of an accident. They may avoid sports activities, or even general socialising in more severe cases, for this reason. The resultant reduction in social interaction can then spiral into depression. Intimacy is often avoided because of the risk of embarrassment; in fact, intimacy takes another knock even when it does occur because the quality of it is often reduced.

Although daily pelvic floor exercises can help, it can be difficult to properly isolate the muscles effectively without the help of a physiotherapist. And even the most arduous exerciser can run into problems later in life. The next thing is, we find we're sitting up and taking more notice of the adverts for sanitary solutions to "Oops" moments.

The Government has recently been called upon to raise awareness of

incontinence and to improve treatment. The Emsella could improve your quality of life in three weeks but until you see that implemented, you have to realise that it is not a cause for embarrassment to seek help. Looking after your pelvic floor is of paramount importance because it really does underpin your physical and mental well-being and therefore your quality of life.

The Emsella could improve your quality of life in three weeks

The EMSELLA is a breakthrough, life-changing treatment for complete pelvic floor rehabilitation in women. It is medical-grade and non-invasive, designed to substantially improve the quality of life for women of any age suffering from any degree of urinary incontinence. It is endorsed by highly regarded gynaecologists worldwide, and it works – the results really are quite staggering. During each 28-minute session, the muscles of the pelvic floor contract over 11,000 times. Not only that, but the entire pelvic floor musculature is involved, not just the subset that can be exercised with voluntary contractions.