

# STOP THAT LEAK

Get rid of the hindrance of urinary incontinence with this new therapy

If you tend to wet yourself whenever you laugh or cough, or cannot make it to the bathroom in time when the urge to pee comes, chances are, you have urinary incontinence.

## Why It Happens

As you age, the muscles that support your pelvic organs weaken. The pelvic floor muscles become slack and less resilient, causing you to leak urine unexpectedly whenever pressure is exerted on your bladder.

This involuntary loss of urinary tract function affects both men and women, although it is more prevalent among women with symptoms starting in women in their early 30s. Ageing, obesity, childbirth and menopause are all factors contributing to this condition.

## Regain Control

Tackle incontinence head-on with BTL Emsella, a breakthrough treatment that harnesses the power of High-Intensity Focused Electromagnetic (HIFEM) technology to stimulate the deep pelvic floor muscles in order to restore neuromuscular control. By triggering intense contractions, this advanced therapy directly modifies the muscle structure, inducing a more efficient growth of myofibrils – the protein strands that extend along each muscle cell.

Unlike voluntary Kegel exercises, a single BTL Emsella session is said to be able to bring over 11 thousand supramaximal pelvic floor muscle



contractions, which are essential in re-educating the muscles. Each therapy session takes just under 30 minutes and you will need six sessions, scheduled twice a week.

During the non-invasive procedure, while you are seated on the chair (pictured), fully clothed, you will experience a slight tingling and pelvic floor muscle contractions. There's no downtime and you can go about your day right after the treatment.

Awarded "The Most Innovative Technology" at the 3rd World Congress of the European Society of Aesthetic Gynecology in April 2018, research has shown that 95 per cent of patients

who have had BTL Emsella treatments reported significant improvement in their quality of life. With the help of these painless treatments, you'll be able to take charge of those leaks and face the world with renewed confidence.

