

What is EPI-NO *Libra*?

The Pelvic Floor Muscle Exerciser **EPI-NO *Libra*** was developed by a team of gynaecologists, physiotherapists and patients and consists of:

- (1) an anatomically shaped silicone balloon to fit all women
- (2) a handpump
- (3) a pressure gauge
- (4) an air-release valve
- (5) a silicone connecting tube



Pelvic Floor Muscle Exercises with EPI-NO *Libra*

- Insert the **EPI-NO *Libra*** balloon into the vagina
- Using the handpump slightly inflate the balloon. Due to its flexible shape the **EPI-NO *Libra*** will optimally fit every woman's anatomy
- With the **EPI-NO *Libra*** various PME exercise programmes may be applied (see Instructions for Use)
- With regular exercising, usually for 15 minutes once per day, most women experience improvement after only a few days
- The pressure gauge informs you that you are exercising the pelvic floor muscles correctly and with what increasing strength
- Monitoring the degree of this increasing strength on the pressure gauge is called Biofeedback

EPI-NO *Libra*

PME with Biofeedback:

The effective way for positive PME results.



Be pro-active!

The earlier you start PME the better. Consult your physician or physiotherapist at the first signs of suspected incontinence – it is not a necessary evil with which to live. Your physician can prescribe an **EPI-NO *Libra*** for you which most sick funds will reimburse.

EPI-NO *Libra* is patented and successfully tested in clinics.



EPI-NO *Libra*

- A home trainer, simple and comfortable to use in your own time
- Helps locate and exercise those hard to find pelvic floor muscles
- A comfortable, anatomically made-to-fit silicone balloon
- Regenerates, strengthens and tones your Pelvic Floor Muscles
- A therapy for symptoms of incontinence
- Enhances sexual satisfaction
- Biofeedback monitors your exercise performance
- Positive results after only a few days treatment
- Biofeedback enhances your motivation to exercise

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EPI-NO *Libra* is available in Pharmacies.

Pro-active Women's Wellness



Pelvic Floor Muscle Exercise
with **EPI-NO *Libra***

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Understanding your Body

A laugh or cough, lifting something heavy, climbing stairs or playing sport - suddenly you realize your bladder has let you down – without control. What is commonly referred to as a "weak bladder" is called, in medical terms, incontinence or the involuntary loss of urine.

Your body's self-regulating mechanism to control your bladder is not functioning properly, most likely due to the weakness of your Pelvic Floor Muscles caused by pregnancy, vaginal laxity or prolapse or even hormonal changes during menopause.



EPI-NO Libra
Returns that
"great about life" feeling.

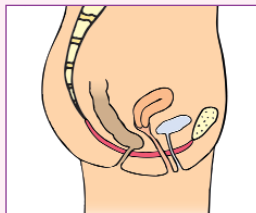
Incontinence is not a life-threatening condition but it does impede your social activity and sexual life, causes anxiety and even depression – a reduction of one's physical and psychological quality of life-style.

The **EPI-NO Libra** is a new, clinically tested Pelvic Floor Muscle Exerciser which has been shown to reduce, control and often cure, the problems of incontinence with your pro-active support.

Your Pelvic Floor Muscles

What are the Pelvic Floor Muscles?

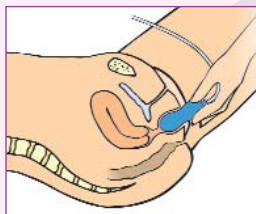
The Pelvic Floor Muscles are one of the most important muscle groups in your body. They are a sling of muscles stretching from the tailbone (at the base of the spine) to the pubic bone in front. They support and contribute to the lower body's posture, breathing and circulation system.



The stronger the pelvic floor muscles, the better the functioning of your lower organs: uterus, bladder and bowel. In addition, well toned pelvic floor muscles ensure greater sexual pleasure.

Why exercise the Pelvic Floor Muscles?

Pelvic Muscle Exercise (PME) is the conscientious contraction and relaxation of the pelvic floor muscles which helps to strengthen and tone them. Medical evidence shows that regular PME can control, reduce and even cure incontinence.



The important factor with PME is to locate and train those hard-to-find pelvic floor muscles to be effective – this is exactly what the **EPI-NO Libra** does.

During training it is important to feel and see those pelvic floor muscles strengthen – EPI-NO Libra with Biofeedback helps you to do this.

Setting yourself Goals

Who is affected?

Almost 70% of post-natal mothers suffer acute or temporary incontinence. On average every fourth woman over 40 experiences problems of incontinence. Probably this number is greater but few affected women wish to talk about it.

Exercising your Pelvic Floor Muscles should be as routine as cleaning your teeth.



Side-Effects of Incontinence

Apart from impeding one's quality of life-style, weak Pelvic Floor Muscles can also negatively affect one's sexuality. Many women, after giving birth and/ or with increasing age, miss the earlier muscular tone in their vagina making it difficult to enjoy the pleasures of sexual intercourse.

What can you do?

Take courage and consult your physician or physiotherapist, especially those specialising in incontinence and sexual disorders. He/ she will diagnose the cause of your incontinence and recommend a therapy programme to effectively exercise your pelvic floor muscles – e.g. with **EPI-NO Libra** – to reduce and even cure your problem. You can recover your well-being and again enjoy your life-style.