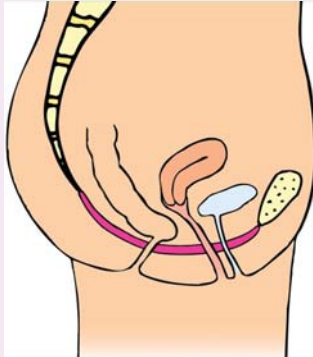


## Your Pelvic Floor

### Why exercise the pelvic floor muscles?

The Pelvic Floor muscles are shaped like a sling stretching from the coccyx to the pubic bone that work to support the bladder, uterus and rectum. These muscles are responsible for bladder and bowel control, and sexual response. These muscles, as with any muscle in the body, can become stretched and weak therefore limiting their ability to support the organs in the pelvis, respond to sexual stimulation and control the bladder and bowels. Weakened pelvic floor muscles can lead to problems such as incontinence, decreased sexual sensation and even pelvic organ prolapse. Becoming aware of these muscles is your first step in taking control of them. Pelvic floor muscle training with the EPI-NO Libra allows you to identify and treat your weakened muscles through the use of biofeedback, increasing strength and functional capacity so you can regain your quality of life.



### I don't have any issues with incontinence. Should I still use the EPI-NO Libra?

The chance of developing incontinence increases with age. Add childbirth, hormonal changes and inactivity and the chances increase substantially. Proactive pelvic floor wellness is easy with the EPI-NO Libra and is suitable for women at various life stages. Just like going to the gym or doing a breast exam, pelvic floor exercise is a proactive step towards better health and wellness.

## Pelvic Floor Wellness

### Establish And Maintain A Strong Pelvic Floor For Life

EPI-NO Libra is a natural and effective pelvic floor device that uses biofeedback to ensure you target the right muscles and allows you to see your progress in as little as 20 minutes a day. Don't let incontinence control you – take charge and take back your life. Incontinence can be treated and responds quickly to pelvic floor exercise.

Maintaining a strong and healthy pelvic floor is vital at any age. Whether you are looking to take proactive steps to prevent incontinence, are looking to increase your sexual satisfaction or are currently experiencing challenges with bladder control, EPI-NO Libra is your partner in pelvic floor wellness.



Tel: 905 - 337 - 3295 Toll Free: 1-888-488-0884  
Email: [info@epi-no.ca](mailto:info@epi-no.ca) Website: [www.epi-no.ca](http://www.epi-no.ca)

EPI-NO is patented and has undergone successful clinical testing. In a survey, 93% of 800 users said they would recommend EPI-NO.



## Take Control of Your Incontinence

### EPI-NO Libra



[www.epi-no.ca](http://www.epi-no.ca)

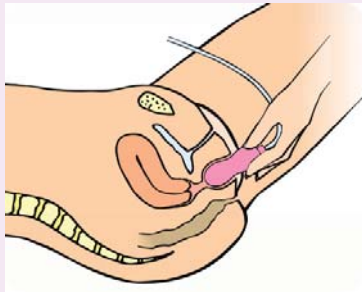
## About the EPI-NO



Originally inspired by women in Africa who use gourds to prepare their pelvic floor for birth, the EPI-NO is a modern day pelvic floor medical device developed by a team of

gynecologists, midwives, urogenital physiotherapists and pregnant women.

The team also recognized the usefulness of the EPI-NO for women who were not pregnant but were experiencing challenges with a weak pelvic floor. The EPI-NO Libra provides a non-surgical, drug free alternative that lets women put pelvic floor wellness in the palm of their hand.



Building on the Kegel exercise developed by gynecologist Dr. Arnold H. Keigel, the EPI-NO Libra allows this simple, treatment for incontinence to become more effective through the use of resistance and biofeedback.



## The EPI-NO & Its Benefits

### How The EPI-NO Will Benefit You And Your Pelvic Floor

- Easy to use
- Allows you to identify and target the pelvic floor muscles
- Exercises can be performed at home in only 20 mins a day
- Biofeedback gauge allows you to monitor your progress
- Regenerates strength and tone in the pelvic floor
- Reduces or eliminates the need for medication, surgery and uncomfortable pads
- Increases sexual satisfaction for you and your partner
- Allows you to regain your social confidence and freedom

### The EPI-NO consists of:

- a narrow, contoured silicone balloon
- a hand pump
- a pressure display
- an air release valve
- a plastic connecting tube



## Incontinence

Urinary incontinence in its varying forms, affects over one million women in Canada, many of whom could treat and often overcome their problem but are either embarrassed to talk about it or simply unaware of the treatment options.

### Stress Incontinence

This is the most common type of incontinence, affecting close to 50% of women with pelvic floor challenges. Varying amounts of urine leak out - depending upon the severity of their condition - when they laugh, cough, sneeze or exercise. Stress incontinence is caused by damaged or weakened pelvic floor muscles often as a result of pregnancy, childbirth and hormonal changes from menopause.

### Urge Incontinence

Typically urge incontinence is most commonly seen in older women as result of the involuntary contraction of a muscle in the bladder. The result is an urgent and frequent need to empty the bladder, even when it is not full. This type of incontinence is often due to surgery, nerve damage, or other conditions such as fibroids or tumours.

### Overflow Incontinence

Affecting a smaller number of women, overflow incontinence occurs when small amounts of urine leak out frequently over the course of a day, even without laughing or sneezing. This type of incontinence is often due to muscle or nerve problems that prevent the 'full bladder' message from reaching the brain.

### Mixed Incontinence

As the name implies, mixed incontinence occurs when a woman suffers from more than one type of incontinence at the same time. The most common combination is Urge and Stress incontinence, especially in older women.

The muscles of the pelvic floor respond very well to exercise. With a regular program using the EPI-NO Libra, it is possible to reduce or completely overcome the symptoms associated with urinary incontinence.

