

A new solution for embarrassing leaks

Bladder weakness doesn't need to rule your life. There's a new and effective way to fix the problem

From speaking to readers, we at *Chat* understand how embarrassing many women find bladder leakage. But you shouldn't, because it's so common. Around a third of us will suffer from leaks at some stage of our lives.

Most women suffer in silence, adapting their lives to cope – perhaps avoiding triggers such as exercise. Or they go to extreme lengths to hide what's happening. Dr Aggy York, 42, a GP from Rochdale, did just that. Running caused leaks so she started jogging in a tutu. 'I became known

as The Tutu Runner,' she says. 'Everyone just thought I was a joker, whereas the actual reason was pretty serious.'

Many women resort to wearing bulky, uncomfortable pads, hoping others won't notice. Natalie Silverman, a 44-year-old mum, started wearing two pads to cope with her accidents. Sneezing, coughing or laughing could all cause a leak and she didn't dare get on the trampoline to bounce with her son.

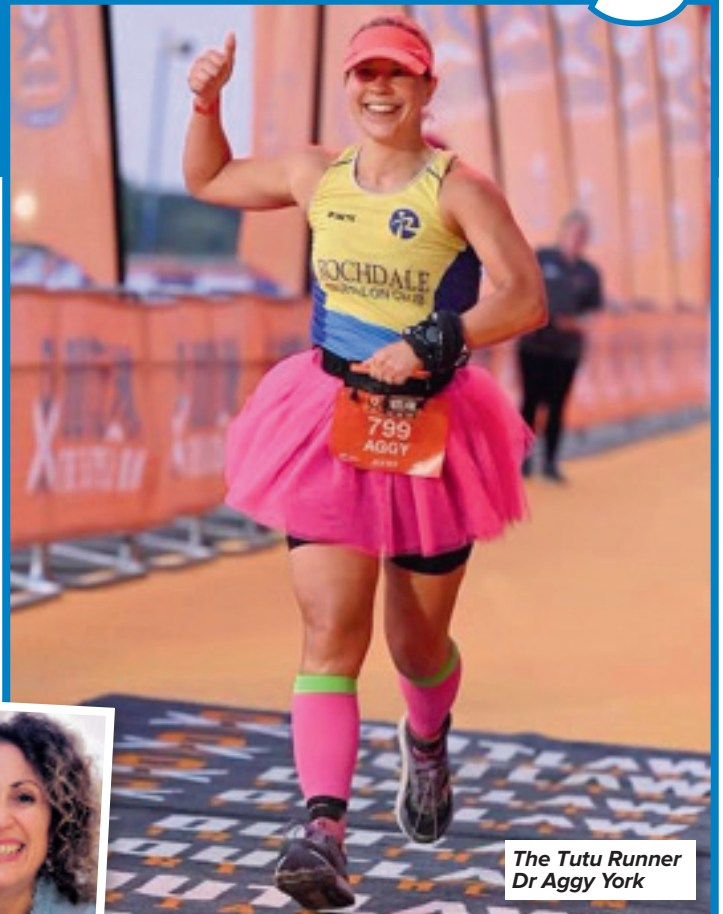
There's no doubt that bladder leakage can be devastating and many women feel it's their fault for not doing pelvic-floor exercises frequently enough. But while medical professionals recommend the NHS guidelines of losing weight, reducing caffeine and doing pelvic-floor exercises, these don't work for everyone.

Dr York agrees, 'I just didn't understand why I could be at my fittest, with a strong pelvic floor, and have done my best to make serious lifestyle changes, but still leak. It was soul-destroying.'

But here at *Chat* we have heard the buzz around a new product which offers women an alternative to pads and liners, embarrassment and tutus – a new single-use bladder-support device called Contrelle® Activgard. Rather than dealing with leaks, it stops them happening in



Natalie Silverman



The Tutu Runner
Dr Aggy York

How it works

Contrelle® is made from soft, body-compatible foam which you insert into your vagina like a tampon, but it works very differently. It puts light pressure on the top of the urethra and gently lifts the bladder neck to help correct the angle of your bladder, stopping it moving and leaking. Contrelle works straight away and can be worn for up to 16 hours. You can still use the toilet when wearing it. Available in three sizes, buy the Sizing Kit to find the most comfortable and effective for you.

How to fit
your Contrelle



the first place. And it's safe, comfortable, easy to use and highly effective.

GP Dr Rachel Ward says, 'A single-use device like Contrelle can be great for women who want to reduce leakage when they exercise, dance or want to feel confident about not having a leak. In my experience, women are surprised at how comfortable they are and the difference it makes.'

Tried and tested

Contrelle® already has a large and loyal following in Scandinavia. Here, it's been a successful first-line treatment for urinary stress incontinence for 10 years, with millions of devices used.

Now women in the UK, like Aggy and

Natalie, can enjoy the benefits too. Aggy has ditched the tutus and can run nine-mile fell races with obstacles while staying 'dry as a bone'.

And Natalie can brave the trampoline with her son. 'Contrelle has been a complete game-changer,' she says. 'I don't have to worry any more. I've literally got my bounce back!'

Where to buy

Contrelle® is available direct from contrelle.com or boots.com. Initial sizing kits (RRP £6) contain one of each of the three sizes so you can find the best fit. Packs are then available for five devices (RRP £15) or 30 devices (RRP £75).

● For more information visit contrelle.com

