

promotional feature

Don't let bladder leaks RULE YOUR LIFE

Contrelle, a revolutionary device that prevents leaks before they happen, will be a game-changer for many women



Have you found yourself turning down invitations to join friends on country walks or an aerobics class? Sometimes simple activities – even just sneezing or coughing – can put stress on our bladders, leading to a leak.

These bladder leaks are known as stress urinary incontinence (SUI). They are very common, affecting millions of women. So, when the w&h team heard about a new product called Contrelle, which stops bladder leakage immediately, we decided to find out how leaks impact on women's lives and how Contrelle might help.

MISSING OUT

Three-quarters of the women we spoke to who have experienced stress incontinence said they avoided activities, or modified their behaviours, to lessen the likelihood of leaks. Some as young as 30 have avoided exercise, while one older woman said it stopped her from socialising.

A 57-year-old woman said, 'It has literally ruined my life. I'm always afraid of embarrassing myself and having to rush for the loo.'

While many told us they feel 'anxious' and 'stressed', 'the overwhelming reaction was 'embarrassed'. This is something Natalie Silverman, founder of The Fertility Podcast, identifies with. 'My leaks impacted pretty much all aspects of my life,' she says. 'It was mortifying.'

WHAT ARE THE OPTIONS?

It's clear how distressing and how impactful bladder leakage is for sufferers. While medical professionals always recommend following the NHS guidelines of losing weight, reducing caffeine and pelvic floor exercises, unfortunately, these don't work for everyone.

As Dr Aggy York says: '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.'

The fallback options for many are pads and liners, but these have drawbacks – we found women worry that they are bulky and may be visible and that odours may be detected. That's why the majority of the women we chatted to were keen to know more about a new solution that helps stop bladder leaks from happening in the first place, allowing them to enjoy their lives to the full.

AN INNOVATIVE DEVICE TO TRY

Contrelle has been popular in Scandinavia for 10 years with millions of devices used. It's safe, comfortable, easy to use and highly effective. Made from soft, body-compatible foam, you insert it into your vagina like a tampon but it works very differently. Once in place, it puts light pressure on the top of the urethra and gently lifts the bladder neck to help correct your bladder angle, to prevent leaking immediately for many women. You can wear it for up to 16 hours and use the toilet as usual.

Dr Aggy York found it 'a revelation'. 'After a run I was still dry as a bone.'

GP Dr Rachel Ward says: 'In my experience, women are surprised how comfortable they are and how much difference they make.'



Natalie Silverman says: 'Contrelle has been a game-changer. I couldn't believe it – no leaks – not a drop. I felt complete joy!'

WHERE TO BUY

Contrelle® Activgard is available from contrelle.com or boots.com. The initial Sizing Kit (RRP £6) contains one of each of the three sizes, so you can find the most comfortable and effective fit. Packs are then available for five devices (RRP £15/£3 per use) or 30 devices (RRP £75/£2.50 per use).

Contrelle®
Activgard



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