

...for women's special needs



INCONTINENCE



*W*omen's Health Boutique is for women, by women ... to meet your special healthcare needs. Come experience the unique ambiance of Women's Health Boutique... "where dignity is free."

- *Vaginal Weights* -

- *Pelvic Muscle Exercisers* ~

- *Disposable Pads, Reusable Panties* -

- *Advanced Skin Care Products* -

Cleansing Foam, Odor Eliminator, Moisture Seal

- *Educational Library* -

Also products for Pre- and Post-Breast Surgery, Wigs & Turbans, Compression Therapy and Prenatal Postnatal Care



INCONTINENCE

Frequently Asked Questions



What is incontinence and can it be cured?

Incontinence is an involuntary leakage of urine and may be termed as stress, urge or overflow. Incontinence is not a disease, but a condition that can be cured with a combination of behavior modification, exercise, medication and/or surgery.

When I sneeze, laugh or lift a heavy object, I "leak." Is this normal? Nearly one in four women suffer from stress incontinence caused by pregnancy, childbirth, stress, menopause or age. Weak pelvic floor muscles need proper exercise and can be restrengthened.

I do **Kegel**TM exercises, but it doesn't help. Why? It is sometimes difficult to isolate the pelvic floor muscle. Vaginal weights or pelvic muscle exercisers can help.

Is there an effective and cost-saving alternative to disposable pads? Yes, reusable panties are designed to eliminate moisture, offer discreet protection and look like undergarments. They also represent a significant savings over disposables.

Can odor as a result of incontinence be effectively controlled? Yes, we offer a clear, scent-free product that eliminates strong biological odors on contact.

Can skin breakdown from incontinence be prevented? Yes, proper skin care using a gentle cleanser, plus a moisture barrier, can help prevent skin breakdown.

