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**Eliminate Bladder Leaks**  
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## How To Treat Your Leaky Bladder Once and For All

There's a non-invasive solution to strengthen your pelvic floor at home  
by **innovo** (Paid Content)




PHOTO CREDIT: INNOVO

Do you leak a little bit when you cough or laugh? Or maybe you've noticed leaking when you sneeze or exercise. You might feel embarrassed, but you're not alone. It's more common than you think. One in three women suffers from Stress Urinary Incontinence (SUI), or involuntary urine leakage that occurs when any movement puts pressure or stress on the bladder.

SUI (often referred to as bladder leaks) can cause discomfort, embarrassment, and inconvenient lifestyle changes. You may dress differently, avoid having sex, or plan your daily schedule around the availability of bathrooms. Incontinence is treatable. And women should not have to resort to a lifetime of wearing pads, liners, or leakproof panties to mask the issue. It shouldn't be an off-limits topic of conversation. The more you know about the causes and solutions, the better prepared you'll be to face SUI head-on.

Here's what to know about SUI and how you can treat it.




PHOTO CREDIT: GETTY IMAGES

### What Causes Stress Urinary Incontinence?


SUI is typically caused by one main issue – a weak pelvic floor. Yes, just like you strengthen other muscles in your body, your pelvic floor needs strengthening too. When pelvic floor muscles are weak or not working well, they can't fully support the pelvic organs. That leads to pelvic floor disorders, like urinary incontinence.

Menopause can weaken your pelvic floor. During this time, your estrogen levels dip. That can cause the pelvic floor muscles to lose tone and strength, resulting in a loss of bladder control. Several other things can cause a weak pelvic floor. It can become weak if you're not working to strengthen it with Kegels or other pelvic floor exercises. At the same time, high-impact activity, such as running or high-intensity training, can cause the connective tissue that supports the bladder to break down. Pregnancy and childbirth are also common causes of SUI.

### Finding a Solution

As with most medical conditions, early intervention is key. You've probably heard this advice before, "You should try Kegels." This is an exercise that strengthens the pelvic floor muscles – a critical muscle group – through a series of contractions. Kegels may sound like the cure-all for SUI, but 50% of women don't actually know how to do a Kegel correctly. Since we can't see or touch our pelvic floor muscles, we can't even tell if they're working.

While completing her PhD, Dr. Ruth Maher, a physical therapist, invented INNOVO. INNOVO is an FDA-cleared, non-invasive technology that lets you safely strengthen your pelvic floor from home, treating the root cause of your Stress Urinary Incontinence. And 87% of women who use it are dry in just 12 weeks or less.<sup>1</sup>



**"I wanted to find a way to help women strengthen their pelvic floor in an efficient, effective and discreet way, freeing them from the embarrassment and discomfort associated with bladder leaks."**

—DR. RUTH MAHER

PHOTO CREDIT: INNOVO

### How INNOVO Can Eliminate Your Bladder Leaks

The product is simple to use in the comfort and privacy of your own home. Just slip on the shorts provided for 30 minutes a day, five days a week. The smart technology engages your pelvic floor to deliver 180 precise Kegels per session. These Kegels engage, strengthen, and improve coordination of the pelvic floor muscles. Without any probes to insert or prescriptions to fill, you can confidently eliminate bladder leaks at home.


Our bodies change as we age. Sometimes incontinence is the result. You don't have to suffer in silence anymore. No more using panty liners to hide your leakage. No more worrying about where the nearest bathroom is, or if getting caught in traffic will cause a leak. You can take control over your bladder leaks and eliminate them, giving you the freedom to live life confidently.

**Click here to learn how INNOVO can eliminate your bladder leaks. Take \$125 off your INNOVO Kit with this AARP Special Member Offer! Use code ARP125 at checkout.**


Sources

1. <https://www.urinaryhealth.org/urinary-health/news-articles/urinary-incontinence-101>

2. <https://www.cdc.gov/2018/08/urinary-incontinence-101>



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