

# Women's Health **UPDATE**

## Women Focus On Controlling A Common Problem

(NAPSA)—According to a study in the *Journal of the American Medical Association*, one in four women suffers from some type of bladder weakness. Many women think that bladder weakness is an inevitable reality of pregnancy or getting older, but by building a strong pelvic floor—the group of muscles located on the underside of the pelvis that are responsible for bladder control—women can stay in control of their bodies and live an active lifestyle.

Having strong pelvic floor muscles improves posture and tummy tone and is an integral part of preventing bladder weakness and improving bladder control. Through a program of simple, gentle exercises, women can vastly improve the symptoms of a weakened pelvic floor.

“Little time is spent explaining to women the role of their pelvic floor and the impact of neglect or damage,” says Kari Bo, an international expert in exercise science and physiotherapy. “Even more important, women don’t realize that they can train these muscles to prevent future problems or reduce current symptoms.”

Bo is the designer of the PELVICORE Technique, an at-home program that helps women of all ages and levels of ability improve the tone and control of their pelvic floor muscles. The quick and easy 20-minute routine

Women can overcome bladder weakness by:

- Trying simple, easy-to-learn exercises that can be done anywhere.
- Maintaining a healthy, normal weight.
- Avoiding certain foods such as tomatoes and spicy dishes, alcohol and caffeine.
- Planning ahead and being prepared for emergencies.
- Visiting TENA's pelvic health Web site, [www.corewellnessprogram.us](http://www.corewellnessprogram.us).



is produced by Core Wellness, an international pelvic fitness campaign sponsored by TENA® (formerly known as Serenity®), a leading provider of incontinence management products and services. The PELVICORE Technique is proven to both prevent and, in 60 to 70 percent of women with stress incontinence, cure bladder weakness.

Following are some tips from TENA for achieving optimal pelvic health:

- **Don't Sweat It:** More than 70 percent of mild bladder incontinence can be improved through simple muscle exercises that contract and relax the pelvic floor muscles. These exercises require minimal effort and can be done anywhere—in the office, on the subway or while at home watching TV—no gym clothes required.

- **Maintain a Normal Weight:** Carrying excess weight increases the likelihood of weak pelvic floor muscles and can also worsen bladder weakness.

- **Let Someone Else Do the Heavy Lifting:** Lifting heavy objects incorrectly can weaken your pelvic floor. Lift heavy objects carefully by bending your knees and using your leg muscles.

- **The Pelvic Health Diet:** Certain foods, such as those that are spicy or tomato based, can irritate the bladder. Caffeine and alcoholic beverages can also contribute to leakage, so stick to bladder-friendly liquids such as water, apple juice, grape juice and cranberry juice.

- **Don't Let Bladder Weakness Hold You Back:** Bladder weakness affects one out of four women. You are not alone in this condition and it doesn't have to control your life. Pelvic floor exercises can greatly improve your pelvic health, but if you're still hesitant to stray too far from a bathroom, consider a discreet liner or pad to help give you confidence through the day. Visit [www.tena.us](http://www.tena.us) for more tips and to check out all your available options.

**Source: TENA**

For more information about pelvic health and to order a copy of the PELVICORE Technique, free with two TENA proofs of purchase, visit [www.corewellnessprogram.us](http://www.corewellnessprogram.us).