

## Device Treatment Modes

Urinary incontinence affects millions of Americans, the majority of them women. There are several different types of urinary incontinence. The Softcycle has four treatment modes specifically programmed for each type.

### Stress Incontinence

Stress incontinence may happen when there is an increase in abdominal pressure -- such as when you exercise, laugh, sneeze, or cough. Urine leaks due to weakened pelvic floor muscles and tissues.

Causes of stress incontinence include pregnancy and childbirth, which cause stretching and weakening of the pelvic floor muscles. Other factors may also increase the risk for stress incontinence, such as being overweight or obese, having had prostate surgery, and taking certain medications.

### Urge Incontinence

Urge incontinence is often referred to as overactive bladder: You have an urgent need to go to the bathroom and may not get there in time, leaking urine.

Causes of overactive bladder include:

- Damage to the bladder's nerves
- Damage to the nervous system
- Damage to bladder related muscles

Conditions such as multiple sclerosis, Parkinson's disease, diabetes, and stroke can affect nerves, leading to urge incontinence. Other conditions such as bladder infections, bladder stones, and use of certain medications can also contribute to symptoms.

### Mixed Incontinence

Many people have symptoms of both stress incontinence and urge incontinence. Doctors call this mixed urinary incontinence. Many studies show that mixed incontinence is a more common type of incontinence in older women.

Mixed incontinence also shares the causes of both stress incontinence and urge incontinence.

### Toning

The Softcycle includes a fourth program mode specifically programmed for maintaining your muscle tone following successful treatment. Your physician will advise you on how often you should use the toning program.

## Your Softcycle System

The following is included with each Softcycle system:

- A Softcycle Device
- B Electrode probe
- C Lead wire
- D Battery
- E Charging cable

## Warnings and User Cautions

The Softcycle pelvic floor stimulator must be used in accordance with your treating physician.

### Do not use if you:

- Have a pacemaker or serious heart rhythm problems
- Are pregnant
- Have epilepsy
- Are driving
- Have been diagnosed with cervical cancer
- Have a urinary tract infection
- Have bleeding between menstrual cycles
- Have any infections near the treatment area
- Have reduced sensation near the treatment area

If any discomfort is experienced please contact your treating physician.

# softcycle

Pelvic Floor Stimulator



## Do You or a Loved One Suffer from Incontinence?

*You are not alone.*

Urinary Incontinence affects 200 million people worldwide.

Based on expert opinion, 25 million adult Americans experience transient or chronic UI. 6 NAFC estimates that 75-80% of those sufferers are women, 9-13 million of whom have bothersome, severe, symptoms. 53% of the home bound older persons are incontinent.

22% of continent female residents admitted to a long-term care facility became incontinent within one year of admission.

Stress urinary incontinence, the most prevalent form of incontinence among women, affects an estimated 15 million adult women in the U.S. 29% of individuals ages 60-70 experience leakage when coughing, sneezing, or laughing.



## The Softcycle Pelvic Floor Trainer Can Help!

Softcycle is an electrotherapy device kit used to train the pelvic floor muscles. Pelvic floor muscle training can help strengthen the muscles under the uterus, bladder, and bowel (large intestine). They can help women who have problems with urine leakage or bowel control.

It is a convenient, affordable, reliable and an effective solution that helps patients improve their pelvic health and gain greater control over incontinence.

## How does Softcycle work?

The Softcycle kit includes a small stimulation unit and an electrode training probe. It exercises and strengthens the muscles of the pelvic floor by sending gentle electrical pulses through the vaginal walls activating the muscles of the pelvic floor. For best results it is recommended to be used along with Kegel exercises as prescribed by your treating physician. Talk to your doctor today to see if the Softcycle can help you.

