TensCare are looking to help millions of people in the UK and around the world who are silently suffering from bladder weakness by offering safe, clinically proven muscle stimulators for rehabilitation of pelvic floor.

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TensCare Ltd will be discussing bladder and bowel problems affecting more than 14 mln Brits in a series of Radio and TV interviews during the 19th – 23rd of June marked as the World Continence Week

TensCare, a Surrey based business, that has been a market leader in the UK for many years with its outstandingly successful portable TENS and EMS devices for the pain relief and muscle rehabilitation. TensCare are perhaps best known in the UK for their maternity pain relief Mama TENS for use during child birth.

TensCare are now looking to help millions of people in the UK and around the world who are silently suffering from bladder weakness.

Despite much progress that has been made into the research and treatment of incontinence, it remains a relatively common condition, impacting an estimated 400 million in the world. Urinary incontinence isn't a natural part of getting older. There's a lot you can do to manage - or prevent – symptoms, it is generally a treatable ailment yet many people seem to be apprehensive to talk about this.

BLADDER LEAKAGE – NO MATTER HOW LIGHT – IS NOT NORMAL

"We do this because we know the difference our products make to the quality of life to hundreds of thousands of users. We believe that the well-being of one individual can affect the health and the well-being of the people in that individual's family and community", says Neil Wright, TensCare Managing Director.

Exercising the pelvic floor muscles is clinically recognised as the way of preventing and treating symptoms of incontinence and pelvic floor weakness. TensCare offers a range of pelvic floor exercisers that are designed for pelvic floor muscle toning, pelvic pain relief, and the treatment of other conditions such as urinary and faecal incontinence, premature ejaculation and erectile dysfunction. Products like Kegel Toner, Sure+, Alivia, itouch Sure, Elise, Unicare and perfect pfe for men can be discreetly used within the comfort of your own home and do not require prescription.

The TensCare Pelvic Floor Exercisers are currently available on the market via www.tenscare.co.uk, Amazon and many other High Street and online retailers.

The pelvic floor exercisers from TensCare use clinically proven parameters to gently stimulate pelvic floor muscles via a non-invasive method of producing a contraction of muscles through a discreet probe or electrode pads when they are placed close to the nerve that controls the pelvic floor muscles. This current then passes into the nerve fibres controlling that part of the muscle stimulating it to contract. So, electrical stimulation (EMS) artificially activates a muscle for you enabling you to develop your own muscle control. These contractions exercise the muscles and, as with any kind of exercise if performed regularly, build strength and tone.

In urge incontinence, pelvic floor exercisers work in a slightly different way. The electrical stimulation is designed to soothe your bladder muscles rather than exercise your pelvic floor. Pelvic Floor Exerciser

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use a gentler, low frequency setting which promotes the release of endorphins and reduces involuntary contractions of the bladder (detrusor) muscle.

Everyone can benefit from doing pelvic floor exercises.

- Whether you delivered your baby vaginally or by caesarean, the pelvic floor muscles can become weak from pregnancy. These muscles will heal just as any other muscles would, and they will respond to electrical stimulation from TensCare's pelvic floor exercisers to improve strength just as other muscles would.
- Pelvic Floor Exercisers can help to strengthen the pelvic floor muscles for better support of the pelvic organs and reduction of prolapse. Low levels of prolapse can be completely cured, and moderate levels of prolapse can be reduced to the point where they do not interfere with daily life activities.
- During menopause fluctuating levels of oestrogen can lead to less blood flow in the pelvic floor muscles and lead to an overall decrease in muscle tone.
- When it comes to sex, Pelvic Floor Exercises make the vagina feel tighter and may help improve the intensity of the orgasm. The pelvic floor muscles are vital when it comes to orgasm. They are responsible for the pleasurable contractions felt in the genitals when an orgasm occurs. When the pelvic floor muscles are healthy, orgasms are more intense and last longer. Women who have difficulty achieving orgasm may be experiencing weak pelvic floor muscles. Exercising the pelvic floor muscles results in increased blood flow to the pelvic region. Improved blood circulation increases sexual arousal, lubrication, and the ability to orgasm.

With an ageing population and rising levels of obesity, the £1.8 billion cost for incontinence each year is set to rise, putting surgeons and experts under increasing pressure.

According to a recent NHS report1, it is estimated that more than 14 million people in the UK are living with bladder problems – that's roughly a fifth of the population. What's more, around 6 in 10 (61%) men experience lower urinary tract symptoms (LUTS) and around 34% of women are living with urinary incontinence. In addition, nearly one million children and young people suffer from bladder and bowel dysfunction. Pelvic floor exercises are seen as the most effective way to prevent issues with incontinence.

People who suffer from incontinence often resist discussing the issue with their doctor or families, because of feelings of shame, embarrassment or the fear of losing their independence. It's a taboo subject to talk about. However it can really affect the quality of life, emotional state, body image and sexuality.

Having bladder problems negatively affect both emotionally and physically with a lot of restrictions occuring. Just think of athletes, heavy weight lifters, etc their careers could be under jeopardy. Socially people tend to isolate themselves to avoid embarrassment, etc.

Pelvic Floor Stimulators from TensCare offer an affordable and safe solution that can be comfortably used withing the home environment.

The 19th – 23rd of June is World Continence Week - an opportunity to highlight the issue and educate the public on the ways they can fight the condition. It's a time to get rid of the stigma and open the conversation around something that affects millions of Brits every day, regardless of age, sex, or ethnicity.

TensCare Spokespeople will be talking about Incontinence and all associated limitations that such condition brings to the sufferers within a series of radio interviews on the 23rd of June 2023.

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