



## Did you know that up to 50%\* of all women suffer from Urinary Stress Incontinence during their lives?

Many suffer in silence and often wait years before seeking help; they may be too embarrassed to ask for advice, or may not appreciate that treatments are available.\*

### Your GP can prescribe a self-help solution today

The PelvicToner™ offers a simple, effective exercise programme that will typically show significant improvements in a week or two and complete bladder control within a couple of months.

For more information about The PelvicToner talk to your GP or visit [www.pelvictoner.co.uk/elephant](http://www.pelvictoner.co.uk/elephant)



\*Source: National Institute for Health & Care Excellence (NICE) 2013.