

## IncoSilk®

Skin care from a  
medical perspective



200ml

## A natural solution for damaged skin

Incosilk a **paraben free** cream which eliminates the breeding ground for bacteria.

- Soothes red and itchy skin
- Helps to soften scabs formed on the skin
- Softens and protects rough dry sore skin
- Softens and protects cracked skin
- Safe to use on sunburn

### To be used for:

Problem skin as a result of the acidity caused by incontinence, perspiration and other irritations. Preventing certain areas developing fungus or infections.



## Hold it Sister

Written by **Mary O'Dwyer**  
International Pelvic Floor Physiotherapist



ISBN 978-0-9803999-8-1

A book providing you with help and guidance on pelvic floor issues with regards to pregnancy, post natal, exercise, sex, surgery, menopause and senior years.

## This book is a girls best friend!



This book not only gets you back into shape, it will help you avoid incontinence and sexual dysfunction.

- Learn how to get back into shape with easy gentle movements
- Get a flat stomach after childbirth
- Putting you back in control before, during and after pregnancy
- Helps naturally strengthen pelvic floor muscles
- These simple gentle exercises prepares you toward an easy pain free childbirth.

Distributed by:

New



## IncoStress®

designed by  
women for women



supported by clinical trials  
can help to control  
bladder weakness

[www.incostress.com](http://www.incostress.com)

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## Control bladder weakness Strengthen pelvic floor muscles

IncoStress® is a clinically approved latex free medical device designed to control stress incontinence. Using IncoStress® regularly can help you identify and strengthen the pelvic floor muscles.

- Easy to use and effective
- Re-usable
- Controls stress incontinence
- Helps strengthen pelvic floor muscles in a natural way
- Helps give you more confidence
- Ask your health specialist about IncoStress®

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## stress incontinence facts



- stress incontinence affects 1 in 5 women
- stress incontinence is a condition that can be controlled
- childbirth can induce stress incontinence
- your doctor should be made aware of your symptoms
- it could happen to any woman at any stage of her life
- it is one of the social handicaps sufferers face everyday
- the World Health Organization recognises this as a global issue
- it can be treated

## possible side effects if not treated:

- depression
- social isolation
- relationship problems
- lack of self confidence
- not feeling clean

*(medical advice is always strongly recommended. Ask your doctor or physiotherapist about incoStress)*



## designed by women for women

- IncoStress® is used in the same way as a tampon
- supports the urethra and bladder neck
- its unique shape naturally helps to strengthen pelvic floor muscles
- it does not interfere with normal urination
- reusable – simply wash under clean water

*giving you the freedom to lead an active life*

## symptoms involuntary loss of urine when:

- coughing
- laughing
- sneezing
- exercising
- lifting
- any pressure that is put on the abdominal area
- normal daily routines