



Longest
PHYSIO & REHAB DEVICES

Women and Urinary Incontinence

Stop Urinary Incontinence, Live Better!

Health Life · Longest Care

Stress Urinary Incontinence (SUI)

Stress urinary incontinence occurs when some physical activities such as jumping, coughing, sneezing, laughing, or exercise increase stress or pressure on the bladder, and the weakened pelvic floor muscles can not support it.

Urinary incontinence after giving birth vaginally is common. It may begin during pregnancy and occurs more often after childbirth.

- During pregnancy, hormonal and anatomical changes, which stretch the muscles and tissues of pelvic floor that support the bladder.
- Giving birth through the vagina will stretch the pelvic floor for a while and decrease the strength of the pelvic floor muscles. Sometimes, damage to pelvic floor muscles during vaginal delivery also occurs.

Treatment options for SUI

There are various techniques to treat SUI in patients who are attempting to restore function by improving the strength, stamina, and coordination of their pelvic floor muscles.

- **Surgical Treatment**

Sling surgery is the most common surgical treatment used worldwide for SUI. In the procedure, a sling is permanently implanted to support the urethra or bladder neck in order to correct SUI.

However, surgical treatment is invasive and requires a period of time for care and recovery and usually is expensive. It is recommended to consider surgical treatment when:

- 1) The symptoms and the effect of SUI severely affect daily life.
- 2) Recurrence of SUI due to vaginal delivery

- **Non-surgical Treatment**

1. **Pelvic floor exercises:** the exercises are to strengthen the pelvic floor muscles to support the bladder and hold the urine longer
2. **Pessary:** a removable device that is inserted into the vagina against the vaginal wall and urethra to support the bladder neck. This helps reposition the urethra to reduce SUI
3. **Transurethral Bulking Agents:** Collagen injections around the urethra that make the space around the urethra thicker, thus helping to control urine leakage. The effects may not be permanent.

Overactive Bladder (OAB)

Overactive bladder or called urge incontinence is when your bladder isn't full but you still feel a strong urge to urinate. With OAB, urine leakage usually happens before you can get to a bathroom.

Overactive bladder can result from physical problems including damage to the brain, the spine, or the nerves extending from the spine to the bladder - for example, from an accident, diabetes, or neurological disease.

Treatment options for OAB

Many people living with OAB don't ask for help because they don't know how to talk with their health care provider about their symptoms, or they think there aren't treatments that can help. In fact, there are many treatments that can help.

- **Surgical Treatment**

Surgery is rarely used to treat urgency incontinence. However, if it is severe and refractory, augmentation cystoplasty, or bladder enlargement, can be considered.

- **Non-surgical Treatment**

1. **Medication**

In some cases, medication has proven to be effective. But there can be side effects, such as memory loss, water retention, constipation, etc.

2. **Pelvic floor muscle exercise**

The bladder can be trained to hold urine for longer periods of time by improving the strength of pelvic muscles that support the bladder.

3. **Nerve Stimulation**

In OAB, the nerve signals between your bladder and brain do not communicate correctly. Nerve stimulation treatment is to send electrical pulses that help the brain and the nerves to the bladder communicate so the bladder can function properly and improve OAB symptoms.

Our Solution - Nerve Stimulation

Non Invasive

Easier to Use

More Affordable

Reliable & Safe

MStim Reha LGT-231 is a portable and easy-to-use device that provides stimulation to the tibial nerve and lumbosacral region to improve muscle strength and promote reflex, helping the bladder function properly.



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Longest, a leading manufacturer in physiotherapy and rehabilitation, provides healthcare professionals and consumers with non-invasive solutions to various health problems to prevent unnecessary invasive procedures.

Our wide portfolio of performance-center solutions support health systems to better manage the growing rehabilitation needs, speed up workflows, reduce costs, and improve patient outcomes.

Together, we improve the lives of patients and their families.

www.gzlongest.com

We strive to advance the health, for all.

We provide the best, because we care the most.

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