

Menopause, Sexuality, Kegel Exercises and Pelvic Floor Stimulation

Around the time of menopause the levels of hormone oestrogen begin to subside, heralding changes in women's lives. Reducing levels of oestrogens affect fertility, which ends at menopause. Lack of oestrogens can lead to vaginal dryness, loss of tissue elasticity and natural lubrication.

Menopause related alterations in desire for sex are propelled by hormonal changes and exacerbated by other factors, such as stress, anxiety, depression, body image issues, poor sleep, pain, symptoms of incontinence, medication and more.

Low libido after the menopause is characterised by reduced sexual responsiveness, pain or discomfort during sexual activity and diminished sexual sensitivity.

Pelvic floor plays an important role in many aspects of women's health, including sexual function and sexual wellbeing. Weak pelvic floor muscles increase the risk of urinary and faecal incontinence and pelvic organ prolapse. Equally, lack of sensitivity and poor libido are also influenced by the status of the pelvic floor. Maintaining strong pelvic floor plays a crucial role in lifelong healthy sexuality.

Pelvic floor exercises - also referred to as Kegel exercises - strengthen, tone, firm and tighten pelvic floor muscles. Strong and tight pelvic floor improves bladder control, combats embarrassing incontinence and prolapse. Muscle tightness and strength enhance responsiveness, comfort and sensitivity during sex and can help women to reach climax easier.

Strong link between pelvic floor strength and the attainment and intensity of orgasm has been proven by research. Studies also indicate that pelvic floor rehabilitation can improve arousal and climaxing.

Kegel exercises are essential to all women. To remain continent for life and to enjoy healthy sexuality and satisfying intimacy regardless of age, women should exercise their pelvic floor muscles diligently and regularly. Electrical stimulation of pelvic floor muscles delivers Kegel workout effectively, safely and effortlessly.

Electrical stimulation is an established and proven therapeutic modality frequently used in pelvic floor rehabilitation. Research associates the use of electrical pelvic floor stimulators with improvements in sexual function as well as reduction in other problems arising from weak pelvic floor.

Electric stimulation rehabilitates pelvic floor, enhances local blood flow, re-trains weak muscles and restores normal pelvic floor functions. Gentle electric stimuli repeatedly clench and relax the muscles fibres, mimicking Kegel exercises and progressively strengthening and tightening pelvic floor. Stimulation is painless, safe, effective, fast and easy to deliver.

Electric stimulators facilitate pelvic floor workout effortlessly and correctly, automatically identifying and exercising the correct pelvic floor muscles. During stimulation, gentle electrical impulses stimulate pelvic floor muscles via a stimulation probe. Intensity is adjustable to personal needs and preferences.

Electric stimulators feature a number of pre-set stimulation programs professionally designed to address a wide variety of pelvic floor related conditions or dysfunctions and deliver desired improvements. Stimulators also offer custom programs that can be set with personal stimulation parameters by trained medical professionals, if required. Conditions that can be effectively addressed by electric stimulation range from all types of incontinence, sensory nerve regeneration, endurance, post-childbirth rehab, post-surgery recoveries and pelvic pain relief to standard Kegel workout and sexual improvements.

Effective, safe and easy to use with or without professional supervision, pelvic floor stimulators are effective tools and a valuable treatment modality for women of all ages wishing to improve and/or maintain the strength and full functionality of their pelvic floor.

Nu-Tek Levator Mini Pelvic Floor Stimulator is the perfect companion for women of all ages. It delivers perfect Kegel exercises, helps to prevent and treat

incontinence and other conditions arising from pelvic floor weakness, such as prolapse and lack of sensitivity. It helps women after childbirth re-educate their pelvic floor muscles for greater strength, control and tightness. It aids women after hysterectomy and other pelvic surgery in regaining pelvic floor functions.

Nu-Tek Levator Mini helps women maintain healthy sexual function to enjoy healthy and satisfying sexuality regardless of age.

INNOVATION - CHOICE - QUALITY - VALUE - SUPPORT

Nu-Tek Levator Mini Pelvic Floor Stimulator

Perfect companion for women of all ages

Perfect for Kegels, continence & sexual wellbeing



- Effective & versatile
- Safe & user friendly
- 20 pre-set programs
- 2 custom programs
- Affordable & lasting
- 2 years warranty
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