

# UI: A Life-Changing Solution to This Silent Epidemic

PF TonerPro is life-changing for patients suffering in silence. **By Rebecca Lane**

**Urinary incontinence (UI)** is a condition too many men and women suffer with in silence; one that severely affects patients' quality of life. This silent epidemic often leaves patients feeling ashamed and too embarrassed to seek help apart from the woefully insufficient and outdated solution of adult diapers. "It greatly affects patients' quality of life because it is difficult for them to carry out daily activities, such as physical exercises and social and sexual relations. It currently constitutes a silent epidemic, since many still remain silent about it," says Dr. Ernesto Delgado Cidranes.

You may never have considered treating UI in your aesthetics practice. However, you can now treat this condition non-invasively with an unprecedented degree of effectiveness while the patient is comfortable and fully clothed. This is a gamechanger for many patients suffering in silence.

## The PF TonerPro

While the PF TonerPro was recently FDA-cleared in the USA for the treatment of UI, Zimmer MedizinSystems' parent company in Germany has been a global leader in medical devices for over 50 years, allowing Dr. Cidranes and others to use this treatment for some time. The PF TonerPro utilizes magnetic field therapy to induce a current into cells, causing pelvic floor muscle contractions. These repeated contractions build and tone the tissue. Treatments are tailored to individual patient parameters, with four predefined programs for general pelvic floor strengthening and addressing stress, mixed and urge incontinence. Patients experience improved continence through targeted strengthening of pelvic floor muscles.

## PF TonerPro Treatment Efficacy

A clinical study evaluating the safety and efficacy of PF TonerPro demonstrated it was effective in treating 97% of participants, with over 90% maintaining improvement after three months. In addition, 95.2% of patients exhibited elastographic changes and improved muscle tone. "PF TonerPro is very effective. In patients with severe UI, the progression of reduced degrees of incontinence is very satisfactory, although we can't say they remain completely "dry." The results are currently exceptional, as the focused magnetic therapy constitutes an important tool allowing us to treat different types of UI. Protocols are applied based on personalized diagnosis, avoiding the need for surgery," explains Dr. Cidranes.

What's more, patients experience improved continence soon after starting treatment. "After the 3rd session,



patients begin to experience positive changes. Manual physiotherapy on its own, for example, takes longer to have a positive response or be resolved with the percentage currently being evaluated." Dr. Cidranes shares the breakthrough for his practice's ability to address idiopathic pelvic pain. "For years we applied pelvic floor magnetic coils, seeking greater efficiency in muscle control. In most cases of pelvic pain, they served as irritating elements, bothersome at the level of neuropathic pain. We solved this with the PF TonerPro approach."

## Improving Quality of Life: Mental, Social & Sexual Benefits

The potential benefits of the PF TonerPro extend beyond UI. Patients experience improved mental health and quality of social and sexual life. Improved sexual function is a natural byproduct of pelvic floor strengthening and increasing blood flow to this area. "Some postpartum and menopausal patients have reported improved vaginal relaxation and orgasmic response. Pelvic floor health and erectile dysfunction also have a great ally in magnetic stimulation, and we have seen encouraging results for symptom control and reduction of fecal incontinence and UI secondary to prostatectomy."



Ernesto Delgado Cidranes, M.D.

No matter how you look at it, PF TonerPro is a vital tool to help your male and female patients suffering from this silent UI epidemic.

**PF TonerPro**  
Pelvic Floor Therapy