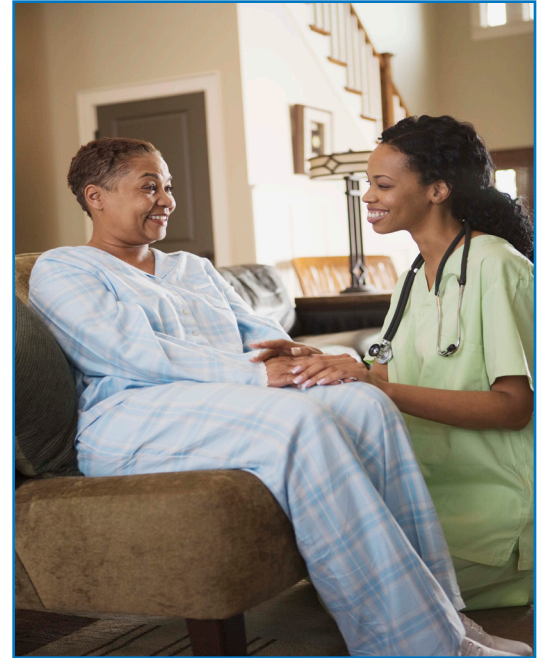


## Geriatric Enhanced Modalities results in better bladder control



**L**OSS OF BLADDER CONTROL – also referred to as urinary incontinence – is a common problem affecting millions of Americans. According to the *Clinical Practice Guidelines on Urinary Incontinence in Adults* published in 1996 by the Agency for Health Care Policy and Research, 13 million Americans are incontinent. Approximately 85 percent of those affected are women.

It's important to note that loss of bladder control is not a disease itself – it's a symptom of another condition. A broad range of conditions and disorders can cause incontinence, including birth defects, pelvic surgery, injuries to the pelvic area or spinal cord, neurological disease, birth defects, multiple sclerosis, poliomyelitis, infection and degenerative changes associated with aging. It can also occur as a result of pregnancy or childbirth. Everyday habits such as caffeine consumption or infrequent voiding can also lead to bladder control problems.

Just as there are many causes of urinary incontinence, there are many types of incontinence such as overactive bladder, recurrent symptoms of urgency and frequency, and stress urinary incontinence (attributed to weakened pelvic floor muscles).

Loss of bladder control is more than physical – it often creates emotional stress as

sufferers isolate themselves from activities or socialization for fear of embarrassing accidents. It's important to stress to those with a bladder control condition that it can be improved or cured completely – in fact, approximately 80 percent of people do see improvement or complete recovery once treatment is sought. It's also reassuring to know that surgery is not the only solution.

### Achieving bladder control through Geriatrics Enhanced Modalities

In addition to medications or targeted exercises, several therapies have been found to be effective in treating bladder control conditions. Aegis Therapies utilizes a specially-designed proprietary treatment program, called “Geriatric Enhanced Modalities” (GEM) to improve range of motion at specific joints, reduce pain and edema, treat wounds, improve muscle strength and treat incontinence. GEM therapy includes electrical stimulation, ultrasound and short-wave diathermy combined with detailed protocols designed specifically for conditions most experienced by the geriatric population.

To treat bladder control, diathermy – which is the use of mild electrical pulses – stimulates nerves in the lower back, just above the tailbone. These nerves – called sacral nerves

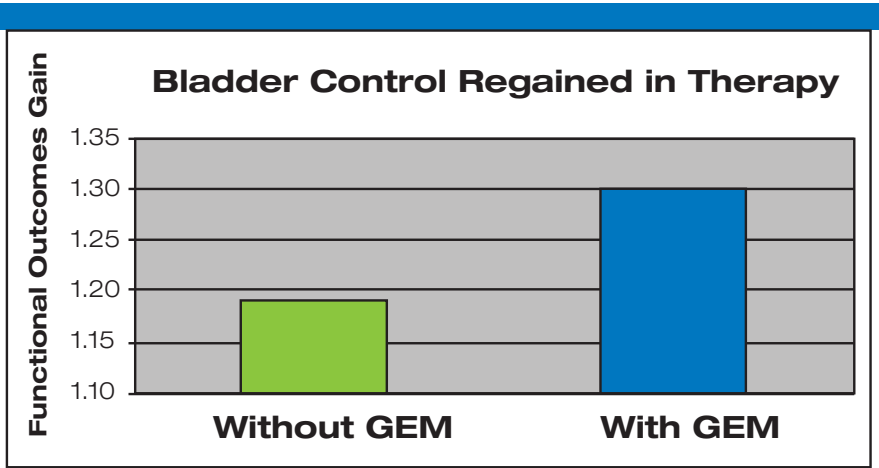
“Aegis Therapies utilizes a specially-designed proprietary treatment program, called “Geriatric Enhanced Modalities” (GEM) to improve range of motion at specific joints, reduce pain and edema, treat wounds, improve muscle strength and treat incontinence.”

– activate or inhibit muscles and organs that contribute to urinary control including the bladder, sphincter and pelvic floor muscles.

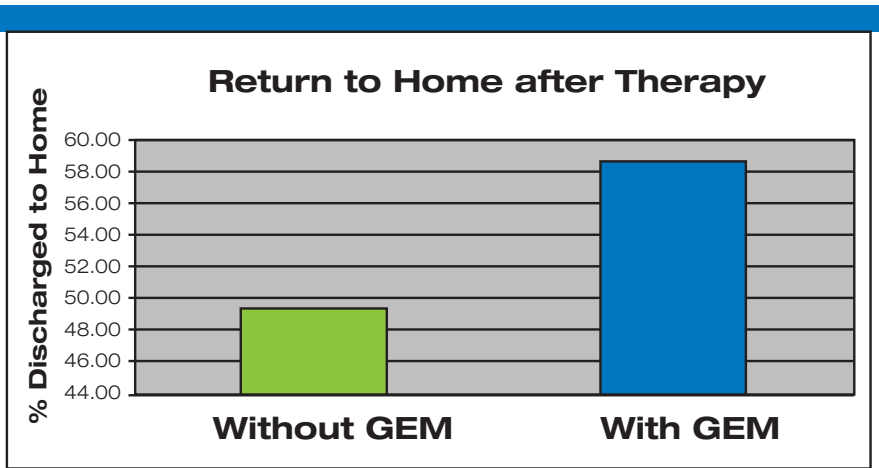
The electrical stimulation artificially excites nerve pathways that may activate or inhibit muscle action, depending on their normal function. Electrical stimulation targets the nerve fibers without causing simultaneous contractions of the bladder. This may decrease

the urinary incontinence symptoms of urgency, frequency, urinary retention and urge incontinence.

Aegis Rehab Outcomes show that patients treated in facilities with the GEM program experienced over 12 percent greater recovery of bladder control as compared to patients who were treated without the benefit of the GEM program.



As a result of these gains, those patients were also more than 18 percent more likely to be discharged back home after treatment.



The greatly improved control clearly impacts dignity and overall quality of life.

## Summary

By utilizing less evasive methods of treatment, including the therapies of the GEM program, patients with bladder control

conditions can find the relief they need, plus the confidence and dignity to resume more active, independent lives.



“Aegis Rehab Outcomes show that patients treated in facilities with the GEM program experienced over 12 percent greater recovery of bladder control as compared to patients who were treated without the benefit of the GEM program.”