



## Your Vaginal Health: Maintaining Your Vaginal Strength

### Why maintain your vaginal strength?

Just like you need to maintain your overall body strength by sustaining an active lifestyle, it is also important to maintain your vaginal health. You can do so by toning and strengthening your pubococcygeus or “PC” muscles which form the floor of the pelvis. The health of these muscles plays a vitally important role in sexual arousal and climax, as well as in other aspects of bodily functioning. One of the easiest ways to maintain vaginal strength is through Kegel exercises.

### Who should maintain their vaginal strength?

Any and every woman! It is especially important for women who are pregnant because it can tone the muscles in the pelvis and make vaginal delivery during childbirth easier. It is also important for women who have just had a baby to help them regain bladder control and help strengthen the vaginal muscles. Maintaining vaginal strength is important for women who are aging and may be experiencing vaginal dryness or are having issues with bladder control. It is also important for women who are interested in improving their capacity to orgasm and to become aroused during sexual activity.

### What are Kegel exercises?

Kegel exercises serve to tone and strengthen the PC muscles in the pelvis. To locate the PC muscles, go to the bathroom and sit on the toilet. In the middle of your stream of urine, stop and start the stream several times. The muscles you use to do this are your PC muscles.

Figure out a suitable exercise routine just as you would if you were trying to tone and strengthen a different muscle group. For example, start by practicing your exercises for 30 seconds or a minute; try doing this three times a day for a couple of weeks, and then try increasing to a minute or longer three times a day for a couple of weeks. You might also try contracting your PC for three counts, and relaxing for a count of three; try doing this 10 to 15 times a day for a total of five minutes. It is also helpful to do your Kegel exercises daily in three different positions (lying down, sitting, and standing up) to help maintain your maximum muscle strength.

### What can help me Kegel?

Pure Romance’s Ben Wa Balls can help to ensure you are Kegeling correctly and maintain vaginal strength. Ben Wa Balls can be used during Kegel exercises to help women locate the correct muscles to use during these exercises. It is best to start with one Ben Wa Ball and to increase to two once you are comfortable and capable. Insert one Ben Wa Ball into the vagina while lying down and squeeze your PC muscles for 30 seconds to a minute. After several days or weeks when lying down during your Kegel exercises, try doing your exercises while standing up. After a period of several weeks or months, try using two Ben Wa Balls while lying down and so forth.





## Is it possible for the Ben Wa Balls to get stuck in a woman's vagina?

No, it is not possible for the Ben Wa Balls to get stuck or "lost" inside a woman's vagina. The vagina is a "potential space" that can expand. This means that the walls of the vagina are usually touching unless something is inserted in the vagina. Think of the vagina like a deflated balloon. The cervix is at one end of the vagina and it leads into the uterus. The cervical opening is extremely small (only large enough for sperm and blood to go through) so it would be impossible for the Ben Wa Balls to enter through the cervical opening into the uterus.

If you insert a Ben Wa Ball and have difficulty removing it, here are some tips for easy removal:

- Squat down, which will make your vagina easier to access, and insert your index finger into your vagina to feel for the Ben Wa Ball.
- Stand up and try walking around; gravity may pull the Ben Wa Ball out of your vagina.
- Lie on your back in a "birthing position" and insert your index finger into your vagina and try to feel for the Ben Wa Ball. You can also have a partner attempt to remove the product.
- If these suggestions fail, it is recommended to visit your health care provider for help in removing the Ben Wa Ball.

Because of the weight of the Ben Wa Balls and gravity, it will probably be more difficult to keep them inside the vagina! But doing so can help your vaginal strength a great deal.

