

ABOUT EFEMIA

- Can be used daily up to 16 hours or on occasions where one expects to leak due to stress urinary incontinence.
- Comes in 3 sizes.
- Can be re-used daily for 3 months.
- Made of soft, smooth and flexible medical grade silicone.
- CE Class IIb Medical Device.
- A start-set with all 3 sizes is offered to help one find the right size.



Do not use Efemia

- If you are allergic to silicone as it can cause sensitivity reactions.
- If you are pregnant, the effects of the device during pregnancy have not been studied.
- During menstruation.

Precautions

- Use water-based lubricant to avoid discomfort from use if you are sensitive in the vulvar and/or vaginal areas.
- Avoid lubricants containing silicone as they can affect the performance of the device.

ABOUT ARCAMEA

Arcamea applies a holistic approach to problem-solving and product development.

By prioritising reliability, functionality and emotional aspects equally, we aspire to bring forward dependable and effective products that fit into women's everyday lives.

Efemia is our first product and has been developed following these principles.

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arcamea

efemia

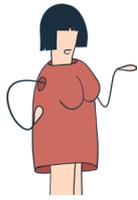
Bladder Support



Reusable silicone device to reduce urinary leakage due to stress urinary incontinence.

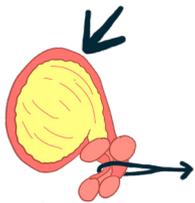
Simple. Safe. Effective.

arcamea



ABOUT STRESS URINARY INCONTINENCE

Stress urinary incontinence (SUI) is defined as involuntary leakage on effort or exertion, or on sneezing or coughing. The condition is not defined by the amount or the frequency of leakage.



Ordinarily, when extra pressure is placed on the bladder, the urethra closes with the help of the pelvic floor muscles contracting forward towards its ligaments preventing urine leakage.

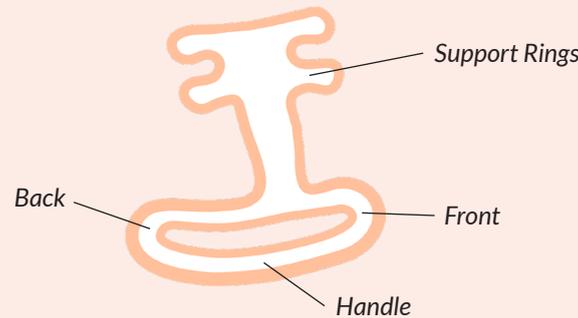
With damaged ligaments or weakened pelvic floor muscles, the same pressure on the abdomen can instead push the system into open mode, causing urine to leak. This is stress urinary incontinence.



ABOUT EFEMIA BLADDER SUPPORT

Efemia is a reusable vaginal insert made from medical grade silicone. It is intended to be used to temporary alleviate involuntary urine leakage caused by stress incontinence.

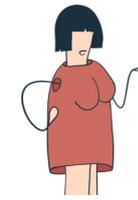
Efemia's design and operating mechanism is based on the same scientific principles and methodology as the most common surgical solutions to correct stress incontinence.



Efemia's design ensures correct positioning when it is used, without the aid of medical professionals or applicators.

*Efemia has been evaluated in a randomised, controlled clinical trial. The women who used Efemia achieved an average reduction in urine leakage of **77%**. The trial which was held across 4 clinics in Sweden in 2017, was coordinated by urogynecologist Dr Aino Fianu Jonasson, Senior Scientist at the Karolinska University Hospital in Stockholm.*

*In an investigation from 2019, **83%** of the 30 participating women, found that Efemia eased their everyday life.*

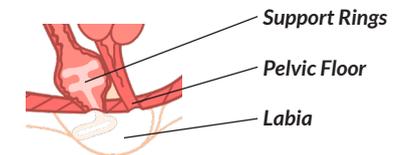


HOW EFEMIA WORKS



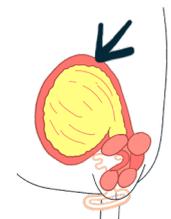
Efemia is inserted into the vagina so that the handle rests tight up against the pubic bone/perineum. Let the labia cover the handle.

As with tampons or menstrual cups, the support rings should pass through the vaginal opening entirely and rest above the PC-muscle.



The upper part of Efemia supports the mid-urethra. It does not block the urethra, so one can urinate without removing the device.

When pressure is placed on the bladder the urethra is pushed lightly against the support rings, making it bend. This then reduces or stops leakage completely.



Read more and och watch an animation of how Efemia works on Arcamea.com