

PELVIC HEALTH CLINIC



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PELVIC HEALTH CLINIC

The first Private Pelvic Health Clinic in Northern Ireland has recently opened at the Maypole Clinic, Holywood. Patients now have rapid access to a multi-disciplinary team of healthcare professionals with experience in treating pelvic floor problems as well as a full range of treatment options, including non-surgical state of the art treatments not available in the NHS.

The Pelvic Health Clinic offers a multi-disciplinary approach to patient care, and the assessment, diagnosis and treatment of pelvic floor disorders.

TREATMENTS INCLUDE:

- Women's Health Physiotherapy - initial consultation and assessment.
- Mummy MOT.
- Viveve & ThermiVa – radiofrequency treatments used to treat vaginal laxity, urinary incontinence, improve vaginal lubrication and tighten the labial tissue to enhance cosmetic appearance.
- PelviPower Training Chair – uses magnetic field energy to strengthen your pelvic floor muscles.
- PelviPower Training and Biofeedback programmes for before and after childbirth.
- Biofeedback Chair – Bladder and Bowel retraining.
- Male Pelvic Health - including urinary and sexual issues.
- Psychosexual Therapy – Psychological issues frequently accompany or cause sexual difficulties for men and women. Psychodynamic intervention is effective in managing such problems.

WOMEN'S HEALTH PHYSIOTHERAPY

Women's Health Physiotherapy is the therapeutic treatment of all disorders affecting the pelvis and pelvic floor. From incontinence to prolapse, pelvic pain, back pain or constipation, there is growing evidence that physiotherapy can alleviate, and in many cases cure these symptoms.

- Pelvic floor retraining and exercises.
- Pilates based exercises for core stability and strengthening.
- Provision of pelvic floor muscle stimulators to improve the activation and strength of pelvic floor muscles which may include our new PelviPower Training and Biofeedback Chair.
- Advice on toileting and postural modifications.
- Acupuncture.
- Manual therapy and soft tissue massage where appropriate for relaxation of over active muscles.
- Relaxation and breathing techniques.

Start with an initial consultation and assessment.

£80 - Initial 45 minutes.

£70 - Follow up.

MUMMY MOT

- 1-hour post-natal assessment with a Specialist Women's Health Physiotherapist.
- Ideally at 6 weeks and beyond.
- Checks Pelvic Floor strength and tummy gap.
- Assesses any physical problems arising from pregnancy and birth.
- Recommends a bespoke postnatal recovery programme, looking at Posture, Breathing and core activation.

£80 per session

VIVEVE & THERMIVA

Viveve & ThermiVa are non-surgical vaginal rejuvenation treatments to tighten the vagina and increase sensation and sexual satisfaction. They can also help with urinary incontinence, vaginal dryness and can tighten labial tissue to reduce sagging.

The treatments use clinically-proven radio frequency energy to uniformly deliver gentle heating to delicate surface tissue. This unique technology stimulates the body's natural collagen formation process. The treatments are comfortable 30 minute sessions performed by a trained healthcare professional in an outpatient setting.

Complimentary consultation with a Consultant Gynaecologist to assess suitability for radio frequency treatment.

£2295 course of ThermiVa or Viveve

PELVIPOWER TRAINING

A new non-invasive training method for your pelvic floor which is a chair that treats you with electromagnetic field therapy to strengthen the musculature. *You sit on the chair in your normal clothing, for 15 minutes per session (a minimum of 4-8 sessions are recommended, depending on the programme) with a specialist nurse, physiotherapist or therapist.* It is an effective treatment and is confirmed by scientific studies to improve symptoms of stress incontinence. You will notice improvement in your muscles from the first session.

Treatments indications include:

PelviPower training for recovery after childbirth

After giving birth, women may experience a temporary loss of urinary control. Faecal incontinence can also occur after an episiotomy or tear. PelviPower Training is a quick and effective method of strengthening your pelvic floor muscles. You only need to invest 15 to 20 minutes for one session every day. For a stronger pelvic floor.

PelviPower training for incontinence

Incontinence impairs your quality of life at all times. Your bladder dominates your daily routines. Leaking or loss of urine put a strain on your everyday life. Absorbent pads are an emergency solution. With the PelviPower Training Chair we help you regain some of your freedom. You train simply and conveniently and learn how to control your bladder. So you can go back to doing what you enjoy, whenever you like.

PelviPower Training for Menopause

The PelviPower Training Chair stimulates both deep and superficial layers of tissue and increases cellular metabolism. This encourages tightening of the tissue and improves blood flow to the skin, supporting the fight against cellulite and weak connective tissue.

£580 for an initial course of 4 (**£145** per session).

1st session includes the initial assessment, biofeedback chair and training chair (1hr).

2nd session 20min

3rd session 20min

4th session 45min

Following this patients can purchase a second course of treatment at **£540**.

The individual price of one treatment to **£145**.

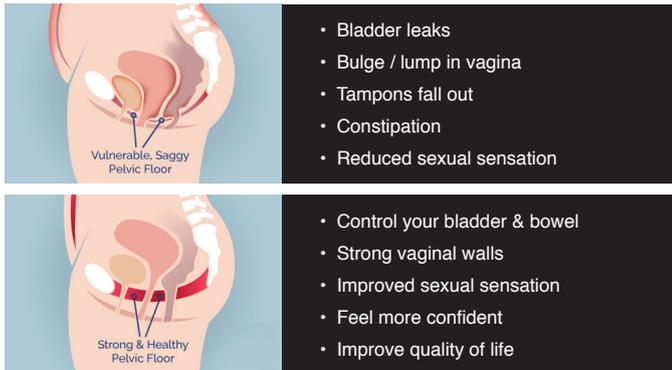


BIOFEEDBACK CHAIR

Retraining known as Biofeedback is used to improve bowel and bladder habits. This non-invasive treatment involves retraining muscles to relax, or the strengthening of muscle tone in the back passage and pelvic floor, depending on the patients' symptoms.

Prenatal Strengthening

Childbirth is an immense challenge for the body and the pelvic muscles especially. Biofeedback training lets you train your pelvic floor effectively and without exertion during pregnancy, ensuring you experience as few complaints as possible before and after giving birth.



(© Images courtesy of kegel8)

MALE PELVIC HEALTH

Pelvic Health problems in men include:

- Urinary problems - including incontinence, infection, frequent urination and difficulties with bladder emptying.
- Sexual difficulties - erectile dysfunction ("impotence"), premature ejaculation, penile problems or testicular discomfort .

Initial consultation **£160**, review consultation **£150**.

PSYCHOSEXUAL THERAPY

Psychological issues frequently accompany or cause sexual difficulties for both men and women. Psychodynamic intervention is effective in uncovering and managing such problems. Our Psychosexual Therapist Mr Ian Walsh (Urologist and Clinical Academic) is aligned with the Institute of Psychosexual Medicine as both Council Member and Journal Editor

Initial consultation and formulation **£150 - £200**;
Review consultations **£100 - £150**.

Why looking after your pelvic muscles is just as important as a gym workout.

Restore your pelvic floor: learn about your pelvic floor muscles and why they are one of the most important parts of your body.

You might have popped out to the gym today, but when was the last time you thought about giving your pelvic floor muscles a workout?

Come to think of it, do you even know what your pelvic floor muscles are, or where you'd find them even if you wanted to exercise them?

Many people don't realise a healthy pelvic floor is important for your sex life as well as bladder and bowel control. Pelvic floor problems are very common but unfortunately many women 'suffer in silence' as they are unaware their problems can be cured.

WHAT IS THE PELVIC FLOOR?

"The pelvic floor is a layer of strong muscles and ligaments that stretches across the base of your pelvis like a trampoline to support your bladder, bowel and womb" explains Dr Patrick Campbell, Consultant Urogynaecologist at the Cosmetech Clinic. "Imagine this trampoline has three openings in the centre... through these openings pass the urethra, vagina and bowel. The muscles around these openings relax when you go to the toilet and contract to prevent leaking. Pelvic floor weakness can therefore affect the bladder, bowel and vagina."

HOW WOULD I KNOW IF I HAVE A PROBLEM WITH MY PELVIC FLOOR?

These are some common symptoms.

- I accidentally leak urine when I laugh, cough, sneeze or exercise.
- When I need to pee I must to go straight away or I might accidentally leak.
- I seem to pee a lot during the day / night.
- I feel a lump / bulge in my vagina.
- I feel a blockage in my vagina during sex.

- Tampons fall out easily.
- My vagina feels loose or lax during sex.
- I feel less sensation during sex than before I had children.
- Sex can be painful.
- Sometimes I pass wind or faeces accidentally.
- Sometimes I have difficulty passing a bowel motion.

HOW COMMON ARE PELVIC FLOOR PROBLEMS?

Pelvic floor problems are very common. Almost 1 in 3 women will experience urinary leakage, and 1 in 5 women will have an operation for incontinence or prolapse during their lifetime.

WHO IS AT RISK?

"Many women experience pelvic floor weakness after childbirth, even if they haven't had a complicated birth," says Dr Campbell. "Others may experience problems after the menopause. High impact exercise, constipation, cough and obesity put extra pressure on your pelvic floor too."

HOW DO I TRAIN MY PELVIC FLOOR?

Keeping your pelvic floor muscles in tip-top condition isn't always easy. "Like any other muscle, your pelvic floor can be strengthened through exercise," explains Dr Campbell. "To get best results you should perform pelvic floor exercises under supervision of a specially trained physiotherapist or nurse, and stick to the regime for at least 3 months."

"The first indication there might be a problem comes when women leak urine while exercising, laughing, coughing or sneezing"

Unfortunately, it's quite easy to do pelvic floor exercises incorrectly. One piece of research suggests that, after being told how to do the exercises, only half of women managed to contract their pelvic floor muscles correctly. A quarter were doing nothing at all and a quarter were actually straining downwards, which can make problems worse.

WHAT NEW TREATMENTS ARE AVAILABLE?

The **PelviPower Training** is an innovative new treatment for pelvic floor weakness. You sit on the chair in your normal clothing and electromagnetic field therapy contracts your pelvic floor muscles. Strengthening the muscles with 200 perfect contractions per session, the PelviPower Training Chair does the exercises for you. Treatment sessions are supervised by a specialist physiotherapist and last 15 minutes (a minimum of 4 -8 sessions are recommended).

"A scientific study published in the Journal of Urology last year confirmed this new technology can significantly improve symptoms of stress incontinence" explains Dr Campbell. "Around 75% of women responded to the treatment compared with 21% in the placebo (dummy treatment) group. Long-term outcomes have yet to be reported but these early results are very encouraging."

WHAT ABOUT VAGINAL REJUVENATION?

"Vaginal tissues, just like skin, change over time. Childbirth and aging are two of the most common reasons why collagen fibres in the vagina lose their support. For some women this can result in a feeling of vaginal laxity (looseness)" explains Dr Campbell. "This can lead to diminished sensation during intimacy and is associated with stress incontinence."

Non-surgical vaginal rejuvenation treatments (**Viveve** and **ThermiVa**) deliver radiofrequency energy to the vaginal tissues to stimulate production of natural collagen and elastin. "Clinical studies have shown these treatments can significantly improve vaginal laxity, sexual function and stress incontinence" explains Dr Campbell. "Other benefits can include improved vaginal lubrication and tightening of the labial tissue to reduce sagging and improve cosmetic appearance of the vulva." Treatments are comfortable and require no anaesthetic or recovery time.

Finance option available.

The **Pelvic Health Clinic** at the Maypole Clinic, Hollywood provides rapid access to a multi-disciplinary team of healthcare professionals with a comprehensive range of treatment options.



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PELVIC HEALTH CLINIC

OTHER SERVICES AND CLINIC LOCATIONS

COSMETECH CHELSEA PRIVATE CLINIC - services available include:

Anti-wrinkle injections / Dermal Fillers / Colonic hydrotherapy / Manual lymphatic drainage massage /
Acupuncture / Hair styling and colouring technician / Skin rejuvenation / Nutritional consultations / Osteopathy
/ Kinesiology / Semi-permanent make-up / PDO Thread-Lifts / Reflexology / ThermiVa® / ThermiSmooth® /
Silhouette Soft® Thread / Cryolipolysis / IPL treatments / Pelvic health clinic

COSMETECH MAYPOLE CLINIC - services available include:

Anti-wrinkle injections / Dermal Fillers / PDO Thread-Lifts / Skin rejuvenation / Cosmetic skin tag and mole
removal / Split ear lobe repair / Semi-permanent make-up / Thread vein clinic / ThermiVa® / ThermiSmooth™ /
Pelvic health clinic / Viveve

COSMETECH 3FIVETWO CONSULTING ROOMS - services available include:

Anti-wrinkle injections / Dermal Fillers / Thread-Lifts