

What is vaginal and vulvar atrophy?

Atrophy is a condition in which the walls of the vagina and vulva become thinner and dryer due to a decrease in estrogen. It affects around 40% of postmenopausal women and can cause painful intercourse, vaginal dryness, burning and decreased urinary tract health resulting in pain with frequent urination and even recurrent urinary tract infection.

What treatments are available for vaginal atrophy?

Until recently, traditional therapies for vaginal atrophy included administration of hormones such as estrogen, an oral medication called Osphena, and a variety of non-medicated vaginal moisturizers and/or lubricants. Many women, such as breast cancer survivors, may be advised against taking hormones, while others have previously tried hormone therapy with minimal success. Fortunately, there is a new non-hormonal treatment called the MonaLisa Touch that has been shown to be very successful in treating vaginal atrophy.



What is the MonaLisa Touch Therapy?

MonaLisa Touch is a minimally-invasive treatment utilized to improve the health and pliability of the vaginal mucosa (the inner lining of the vagina). A specially designed CO2 fractional laser is used in an office setting to treat the atrophic and sensitive vaginal wall. The laser penetrates the characteristics of the vaginal wall. The laser penetrates the layers of the vaginal wall. The laser stimulates collagen production in the tissue to a state of health. The changes induced

How successful is the treatment?

Studies from Europe show that significant improvement can occur as early as after the first treatment. A recent study in Cincinnati at Case Western Reserve University (which is a leading university) confirms these results.

How many Treatments are Necessary?

The treatment cycle consists of three treatments six weeks apart. This allows a significant improvement in symptoms for approximately 6-12 months, which another single treatment may be needed.



Is the treatment painful?

No anesthesia has been necessary for any patient prior to or during treatment. The procedure is done in a simple fashion by placing a small probe in the vagina with minimal or no discomfort. The treatment session lasts approximately five minutes and no post-treatment pain medicine is required. Some patients report mild discomfort with the insertions of the laser guide during the first treatment session due to vaginal dryness.

Vaginal dryness, itching, burning?

Now there's something you can do about it that really works.

When estrogen levels decline after menopause, many changes occur. Millions of women experience symptoms such as vaginal dryness, itching, burning or painful intercourse as a consequence of these changes. Many women suffer silently, and those who seek medical treatment find their options limited: messy estrogen creams or hormone replacement therapy, which aren't for everyone.

Now there's a better way!

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