

Vaginal dryness,
itching and 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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MonaLisa Touch



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**A New Laser Therapy for
Vaginal and Vulvar Atrophy**



It's OK to talk about it....

Randy Zimmerman M.D.



Call for a consultation
847-277-0500

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, thin, and sensitive vaginal wall. The laser has unique characteristics of penetrating laser energy into the superficial layers of the vaginal walls in such a way that it stimulates collagen and returns the vaginal tissue to a state that was present prior to the changes induced by menopause.

How successful is the therapy?

Studies from Europe note that there is a significant improvement in the symptoms which can occur as early as a few weeks after the first treatment. A recent study at The Christ Hospital in Cincinnati in conjunction with Stanford University (which is the only US trial to date) confirms these results.

How many Treatments are Necessary?

The treatment cycle that is recommended is three treatments six weeks apart. This usually allows a significant or complete relief of symptoms for approximately one year, after which another single treatment is often needed.

Randy Zimmerman M.D.
member



AAGL Advancing Minimally Invasive
Gynecology Worldwide

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 to 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 procedure due to vaginal dryness.

MonaLisa Touch®

Are there any post-treatment restrictions?

As mentioned, most have minimal to no pain with the therapy; however, a few women may note some slight localized discomfort. Full activity is usually resumed within 24-48 hours.

Are there any complications?

Even though this therapy is relatively new in the United States, patients in Europe have had this therapy since 2008 with no adverse effects. As of July 2015, greater than 20,000 treatments worldwide have shown no adverse effects.

Why is it not covered by insurance?

Because this procedure is relatively new to the United States it is not covered by insurance.