



# Complete Women Care, Inc.

Comprehensive Medicine • Skilled Doctors • Women's Intuition

February 2010

COMPLETE WOMEN CARE NEWSLETTER

Volume 10

**At Complete Women Care  
Our mission is simple. We want to be the best OB-GYN practice in your community.**

Our goal is to provide professional care with a warm, personal touch. We are here to help you, make you healthier and to bring a smile to your face. You are our best friend and dear family member.

Welcome to Complete Women Care!

## Complete Women Care

**Lakewood**  
3650 E. South St.  
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Lakewood, CA  
90712  
562-634-8812

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90806  
562-424-8422

## Pelvic Training

Pelvic Training is not new. It has been used for several years in other countries as well as in the United States. 70-80% of our patients will see significant improvement or cure with this therapy program alone. Pelvic Floor Rehabilitation has no side effects, unlike other treatments you may have received for your problem.

### How Does Pelvic Floor Rehabilitation & Stimulation Work?

The pelvic floor consists of muscles that form a sling from the pubic bone to the tail bone. These muscles, like all other muscles in our body begin to "sag" and weaken as we age. Since these muscles provide support and bladder control, organs in the abdominal cavity begin to "sag" as well. As the muscles weaken, you may begin to notice symptoms like:

chronic pelvic pain  
overactive bladder  
frequent nighttime urination  
chronic constipation  
rectal pain



Urgency, frequency and urge incontinence are conditions in which the involuntary muscle of the bladder becomes overactive. Low frequency and low intensity stimulation, along with muscle strengthening will calm these annoying muscle contractions and symptoms of overactive bladder.

Stress and fecal incontinence usually involve muscle deficit or weakness. The pelvic floor muscles surround the urethra and rectum. When they become weak, it can cause leakage with a cough or a sneeze. These are also the muscles that control gas and bowel contents. By measuring these exact muscles frequently to prescribe the exact exercise needed you can soon gain control.

### Individualized Plan of Care

Based on the information obtained from your health history and the pelvic floor muscle

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## **Naples**

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measurements, a plan of care is developed specifically for you.  
This may include the following:

### **Pelvic Floor Rehabilitation:**

Sophisticated instrumentation is used to determine that the correct muscle is being contracted, and when the muscle begins to fatigue. Using this information, a prescribed exercise plan is developed with specific muscle strengthening instruction, much like a personal trainer in a gym.

### **Pelvic Floor Stimulation:**

This is done with a vaginal sensor. A mild stimulus is used to stimulate pelvic muscles and causes a comfortable, timed contraction of the pelvic floor muscles. Stimulation aids in muscle strengthening and decreases muscle spasm associated with pelvic pain and overactive bladders.

### **Bladder retaining:**

Once strength is improved, the bladder can be "retrained" to hold a larger volume of urine so bathroom stops are not so frequent.

### **Dietary Changes:**

Occasionally, some people can help alleviate their symptoms with simple dietary modifications.

### **Follow-Up Visit**

After your initial visit, you will be asked to return to the office for intermittent evaluation, pelvic floor rehabilitation and stimulation visits. These visits will last approximately 30 minutes. Most people require 6-12 treatments before they are discharged with a successful outcome. A positive change in your symptoms should be noticed in 5 visits if this therapy is going to be successful for you. This does not mean you will be cured in 5 visits, but you should be noticing improvement by this point.

This therapy combines a personalized home program with office evaluation. A comprehensive plan of care is developed to meet the needs of your specific problem. The office evaluation consists of measurements of the pelvic floor muscles to establish a plan of care for strengthening and electro stimulation are done by using a tampon-shaped device, which is inserted into the vagina. Patients will find Pelvic Floor Rehabilitation therapy favorable because:

- The treatment is non-invasive and painless
  - It has up to 80% success rate
  - It has no significant side effects
- It is affordable, compared to other alternatives
  - It is covered by most insurance plans

### **Pelvic Floor Rehabilitation & Stimulation Therapy Selection Guidelines**

Pelvic Floor Rehabilitation therapy may be appropriate for you if:

- You have a strong desire to take control of your problems
- You are willing and able to actively participate in your recovery.



In order to receive maximum benefit, you must be comfortable with treatment and be willing to comply with the therapy plan prescribed for you.

For information, or if you are interested in Pelvic Training, please contact any of our offices.

## **Vaginal Reconstruction**

Complete Women Care also offers the following procedures:

- Labia-plasty - procedure where the uneven or very long labia are reduced to minimize discomfort during daily activity or intercourse (reduction and beautification of the labia).
- Vaginal-plasty - repair of a prolapsed vagina to improve sexual function as well as rectal and bladder function. Various implants, either synthetic or biological, can be placed under stretched vaginal tissue. This helps to improve the sexual sensation for both partners as well as improving rectal and bladder incontinence (rejuvenation and tightening of the vagina).

Please contact any of our offices, or speak to any of our doctors if you are interested in any of these services.



## **Low Libido?**

Increasing female libido is on the mind of millions of women around the world. The loss of sex drive in women can be a physical situation or sometimes it can be psychological issues causing low libido. Many times, for women over 50, sex drive or loss of libido is due to menopause. Many times female low libido is the same physical problem men experience, in that it is caused by decreased blood flow to the sexual organs that stimulates the organs to get themselves ready for sexual intercourse. The decrease in female libido is mainly related to the reduction in naturally produced estrogen. Many women are embarrassed to admit they have a problem but should discuss it with their gynecologist.



The first step is to figure out the cause of your low libido. You can get expert help from one of our gynecologists or just discover the problem on your own. Take a look at your life and daily routine and see what may be causing stress and/or anxiety. Are you stressed out running the kids around, working, and taking care of the home

chores? Is there stress coming from your partner such as arguing, loss of interest, or infidelity of some sort? If you are suffering from long term low libido, has there been some kind of negative sexual experience in your past? Depression at some level of intensity causes thousands of cases of low sexual desire in women around the world.

The physical issues can be related to the aging process, childbirth, or other things. Many women produce less estrogen as they age or go through menopause. Some women experience vaginal dryness when they are younger but many women have this issue as they reach their 40's and 50's. Childbirth is a time in a woman's life that can be particularly traumatic, especially if the birth was especially painful or an episiotomy had to be performed. This has a physical and psychological effect on the female libido. There are some women that have a condition that makes intercourse very painful so they can never fully enjoy intercourse with their partner.



If you are experiencing any of these problems and would like help in treating low libido, please contact our offices to schedule a consultation with one of our exceptional physicians.

# Happy Valentine's Day!





**We're on the Web!**  
[www.completewomencare.com](http://www.completewomencare.com)

Sent to ##EMAILADDRESS##. [You may unsubscribe here.](#)

