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RESTORE YOUR QUALITY OF LIFE

We offer the latest non-invasive therapy to help restore feminine health and function.

Effective Treatment **WITHOUT** removing your clothes!



EMSELLA PELVIC FLOOR STRENGTHENING

The pelvic floor is responsible for more than you think! Sexuality, bladder control, pelvic organ support, and your bowel habits. If you find that coughing, sneezing, laughing, or just getting excited makes you pee your pants a little, sex isn't what it used to be, having bowel movements is more difficult, or your tissues are not where they used to be – you're not alone.

It is estimated that approximately **16 million people** in North America suffer from urinary incontinence, 85% of whom are women. Many women don't experience sex the way they once did as a result of pelvic floor dysfunction. Many have difficulty with bowel movements and/or fecal incontinence. Women also experience relaxation of the most intimate tissue.

Those seeking treatment have limited options – and let's be honest, we want the most conservative approach possible, **AND**, we want it fixed!

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CAUSES OF PELVIC DYSFUNCTION



Pelvic floor relaxation is a weakening of the muscle of the pelvic floor. If they are not as strong, they **DON'T** work as well. This means that you can't always control when you urinate, you can't feel as much during intercourse, your pelvic organs can "drop", and bowel habits become unpredictable in some cases. Pelvic floor relaxation can be referred to as prolapse, pelvic floor dysfunction, and pelvic floor weakness. No matter what you call it, it is muscles that are not doing their job! Emsella helps to strengthen those muscles.

Common causes of pelvic floor dysfunction:

Aging

As women age, the pelvic floor muscles naturally become weakened, just like our other muscles!

Menopause

During menopause, the thinning and drying of the skin in the vagina or urethra can cause incontinence.

Pregnancy & Childbirth

Pregnancy and childbirth causes a lot of stress and injury to the pelvic muscles which can lead to pelvic floor relaxation.

Strenuous Activity

Certain careers can be a lot of strain on the body, including the pelvic floor. We know how to exercise other muscles, but until now, it was difficult to exercise the pelvic floor. We can help with Emsella!

NON-INVASIVE APPROACH

A significant medical need existed, but nonsurgical options have not been readily available....***until now!*** It is now part of the Women's Excellence mission to offer a safe, effective, and non-surgical option called Emsella for women to help strengthen the pelvic floor.

WHAT IS EMSELLA?

Emsella is a breakthrough procedure that works to relieve incontinence by stimulating and strengthening the underlying muscles of the pelvic floor. During the treatment, you sit on a specially designed chair which delivers electromagnetic energy to the pelvic floor muscles, forcing them to contract. Over the course of your treatment, these contractions strengthen the weakened muscles and restore neuromuscular control of the bladder. A single 30 minute Emsella treatment stimulates over 11,000 of these muscular contractions – **which is the equivalent of doing 11,000 Kegel exercises!**



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TREATMENT GUIDE

While you still have your clothes on, sitting on the Emsella chair provides High-Intensity Focused Electromagnetic (HIFEM) technology to stimulate deep pelvic floor muscles and restore neuromuscular control. A single Emsella session creates over 11,000 supramaximal pelvic floor muscle contractions, which are extremely important to strengthen the pelvic floor.

All this is done without any effort on your part and without getting undressed!

WHAT IS THE TREATMENT TIME?

Each Emsella treatment is just 30 minutes long, and patients typically require two treatments per week, for 3 weeks for best results. However – every patient is different! Our Team will determine the best course of treatment to meet your specific needs and achieve the best results.

HOW DOES IT FEEL?

As we previously mentioned – Emsella is completely non-invasive. During your treatment, you remain fully clothed, and simply take a seat on the specially designed Emsella chair for a half hour. You will experience tingling and will feel your pelvic floor muscles contracting during your treatment, but the sensations are not painful. You can resume all of your normal activities immediately after the treatment.

RESULTS FROM EMSELLA TREATMENT

Most patients see improvement after six sessions, scheduled twice a week. You may observe improvement after a few sessions depending on the severity of your condition. The benefits develop over the series of treatments. Many patients also have experienced other benefits, such as enhanced orgasms. After your series of treatments, we recommend 2 sessions per year to maintain your results.



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IS PELVIC FLOOR STRENGTHENING RIGHT FOR YOU?

Emsella is a great option for women of any age who desire a solution for urinary incontinence and improvement in their quality of life. Let your team know if you have or have had any of the following possible contraindications for treatment:

- cardiac pacemakers
- implanted defibrillators
- implanted neurostimulators
- electronic implants
- metal implants
- medication delivery systems
- history of seizures
- hemorrhagic conditions
- anticoagulation therapy
- heart disorders
- recent surgical procedures (muscle contraction may disrupt healing in the treatment area).

Pregnant or nursing women cannot undergo the Emsella treatment.

GET BACK TO DOING WHAT YOU LOVE MOST!



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