

## IncontiLase® - Laser Treatment of Stress Urinary Incontinence

## IntimaLase® - Laser Treatment of Vaginal Relaxation Syndrome

### What is stress urinary incontinence?

Stress urinary incontinence (SUI) is a common problem in women that causes the involuntary loss of urine during coughing, sneezing, laughing, or physical exertion such as running or climbing stairs.

### What are the causes of SUI?

The cause for this involuntary loss of urine is the weakening of the urethral closure mechanism, which is the result of reduced muscular tone in the pelvic floor region. The main contributing factors are vaginal child birth, obesity and aging.

### What are the traditional treatment options?

Until now SUI was treated non-invasively through muscular training, known as Kegel exercises, which are only marginally effective since they rely on daily compliance. SUI is also treated invasively with a surgical implant known as a Urethral Sling. This procedure requires hospitalization, recovery time and could potentially cause serious complications.

### What is vaginal relaxation syndrome?

Vaginal relaxation syndrome is defined as the increase in the inner diameter of the vaginal wall. It can result in loss of friction and of sexual satisfaction for both a woman and her partner.

### What are the causes of vaginal relaxation?

The most common cause of vaginal relaxation is the overstretching of the vaginal wall during childbirth, which can increase with the number of births. Other causes are congenital connective tissue weakness and natural aging.

### What are the treatment options?

Until now, effective results could only be achieved through invasive surgical treatments such as anterior and posterior vaginal plastic surgery. There are many post-operative complications associated with these procedures and a high degree of dissatisfaction with the results.

## IncontiLase® & IntimaLase® Laser Treatments

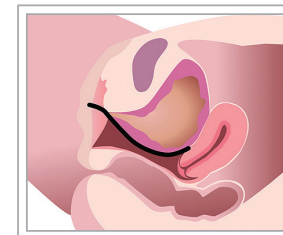
The medical field is now being revolutionized by new non-surgical Er:YAG laser therapies:

**IncontiLase®** - for treating mild and moderate stress and mixed urinary incontinence.

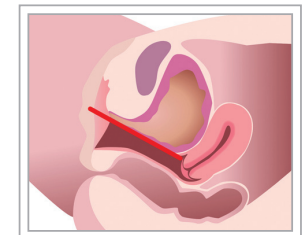
**IntimaLase®** - for treating vaginal relaxation syndrome.

The laser has a non-ablative photothermal heating effect on collagen in the vaginal walls, causing restructuring and stimulation of new collagen synthesis. This causes a tightening of the vaginal canal and subsequently greater sexual satisfaction or, with IncontiLase, a tightening of the anterior vaginal wall region, which gives greater support to the bladder and the return of normal continence function.

The procedures are incisionless and virtually painless, with no ablation, cutting, bleeding, or sutures. A special handpiece, similar to a speculum as used during a Pap test, is inserted into the vagina. The vaginal region is then treated with subablative laser pulses. Two laser sessions with a one-month interval are recommended. No special pre-op preparations or post-op precautions are necessary. The patient can immediately return to normal everyday activities.



Mild and moderate stress and mixed urinary incontinence



After IncontiLase treatment

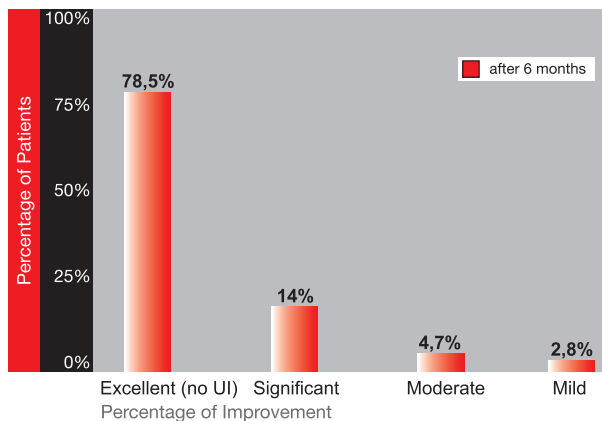
Ask your practitioner about laser treatment for Stress Urinary Incontinence and Vaginal Relaxation Syndrome.

## Advantages of laser treatments:

- 15 minute walk-in/walk-out procedure,
- incisionless and virtually painless,
- no ablation, cutting, bleeding, or sutures,
- no anesthesia or antibiotics needed
- high success rate and patient satisfaction

92.5% of all patients assessed the improvement of their incontinence 6 months after Er:YAG laser treatment as excellent or significant. 78.5% of patients were free of symptoms (Study by Dr. Sabina Senčar and Dr. Urška Bizjak-Ogrinc).

Figure: Patients' assessment of the improvement of their incontinence 6 months after Er:YAG laser treatment.

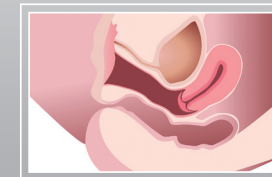


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## Laser Treatment for Stress Urinary Incontinence & Vaginal Relaxation Syndrome



Vaginal relaxation syndrome



Tightened vaginal canal

