

# Your Health Your Wealth

Weight loss and muscle gain



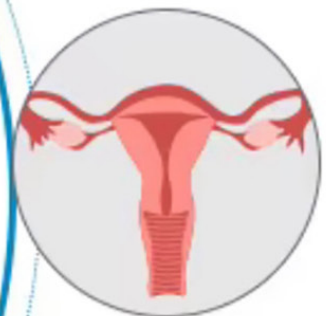
Postpartum repair of pelvic floor muscles



Improve urinary incontinence



Improve vaginal relaxation



Prostate pain



Improved sexual function

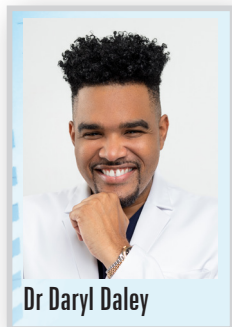


## Regaining control with the Pelvic Power Pro Chair

**S**ANDRA, a 38-year-old teacher and mother of three, had been battling urinary incontinence for years. After her last pregnancy, she noticed a decline in her pelvic strength. Simple activities like laughing, sneezing, or even jogging with her children became embarrassing challenges. She had to be constantly wearing pads in anticipation of unplanned urinary leakages. She was in dire need of help.

Despite trying traditional Kegel exercises, she saw little improvement. Frustrated and exhausted, she was hesitant to discuss her symptoms with friends or even her doctor. That was until she learned about the Pelvic Power Pro Chair from social media.

For many women, pelvic floor issues are a silent struggle and most choose not to speak about this topic whether with their peers or their physicians. Conditions such as stress urinary incontinence (the involuntary loss of urine whilst coughing, laughing, sneezing or straining); urge incontinence (the uncontrollable need to pass urine); and the loss of sexual gratification are all symptoms of pelvic floor dysfunction. This is usually secondary to a combination of factors including childbirth, advancing age and decreasing



Dr Daryl Daley



hormone levels which result in a significantly decreased quality of life. However, thanks to modern advancements in technology, there is now a non-invasive solution that is improving pelvic floor health and these symptoms — the Pelvic Power Pro Chair.

### The technology behind the Pelvic Power Pro Chair

Radiofrequency, ultrasound and laser energy have all proven themselves as being extremely effective in the management of pelvic floor dysfunction over the past few years. All generate thermal energy within the pelvic floor leading to increased collagen, elastin, blood flow and small nerve fibres which improve the symptoms of this condition and strengthens the pelvic floor. However, the probes are costly and requires that be placed within the vaginal canal for the energy to be released to the pelvic floor.

The Pelvic Power Pro Chair is an innovative, non-invasive therapy that strengthens the pelvic floor muscles using high-intensity electromagnetic stimulation. During a single 30-minute session, the chair delivers the equivalent of over

10,000 Kegel exercises, making it far more effective than traditional muscle-strengthening techniques. The treatment protocol for this device requires three sessions per week over three to four weeks with a top up treatment every six months.

The best part? The treatment is painless, safe, requires no undressing, and has no recovery time. Patients simply sit on the chair, fully clothed, while the device strengthens their muscles effortlessly.

### Who can benefit from the Pelvic Power Pro Chair?

This revolutionary treatment is beneficial for:

- Women recovering from childbirth
- Individuals experiencing urinary incontinence
- Those with weakened pelvic muscles with associated mild to moderate pelvic organ prolapse
- Men with pelvic floor dysfunction (such as premature ejaculation) or post-prostate surgery challenges
- Women who have decreased sexual gratification.

By the end of her four-week treatment, Sandra's incontinence had drastically improved. She no longer needed pads, could laugh freely and even returned to yoga class. She felt like herself again.

There is no need to suffer in silence. Regain your confidence and quality of life. The Pelvic Power Pro Chair is available at 3D Gynaecology Limited.

**Dr Daryl Daley is a cosmetic gynaecologist and obstetrician. He is located at 3D Gynaecology Limited, located at 23 Tangerine Place, Kingston 10. Feel free to contact Dr Daley at [ddaley@3dgynae.com](mailto:ddaley@3dgynae.com).**