

February 2017 Update #23

New Web Site & Phone Number

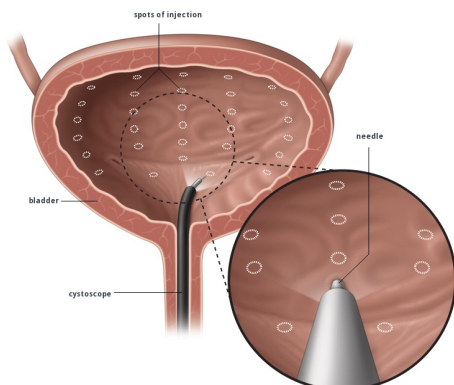
The new private rooms number is: **1800 876 496**

The web site has been upgraded & made mobile phone friendly at:
totalwomenshealth.com.au

Botox for Overactive Bladder

Intravesical Botox injections have been listed on the PBS since 2015 as an authority script for overactive bladder with the following criteria:

1. The condition must be due to idiopathic overactive bladder
2. The condition must have been inadequately controlled by therapy involving at least two alternative anti-cholinergic agents
3. The patient must experience at least 14 episodes of urinary incontinence per week prior to commencement of treatment with botox
4. The patient must be willing and able to self-catheterise
5. The treatment must not continue if the patient does not achieve a 50% or greater reduction from baseline in urinary incontinence episodes 6-12 weeks after the first treatment
6. The patient must be aged 18 years or older
7. Patient must be treated by a **urogynaecologist** or urologist



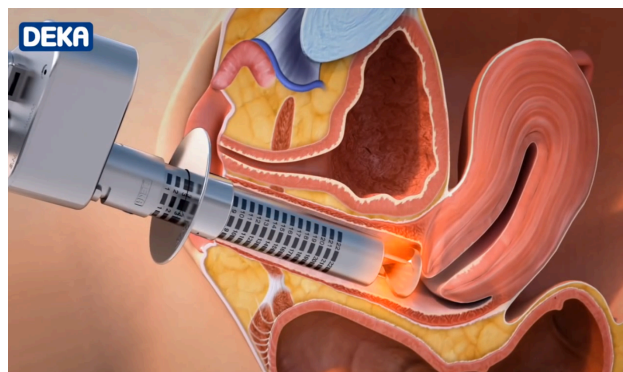
Botox Results

Dr Foote has now performed 35 cases of day surgery intravesical botox, with patients reporting a 70% improvement in their urge incontinence symptoms, with 40% discontinuing all anticholinergic medication. In this series there were no instances of voiding difficulty.

Atrophic Vaginitis

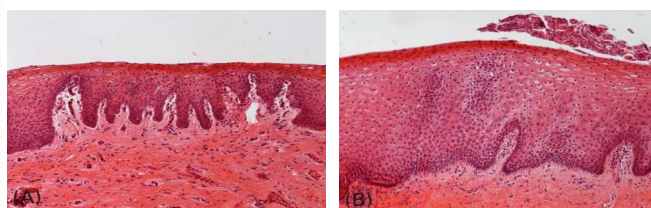
Total Womens Health provides the new Mona Lisa vaginal rejuvenation system, an outpatient non surgical treatment to rejuvenate the vaginal mucosa.

Studies have reported a reduction in dryness, discomfort, prolapse, laxity & urinary frequency by up to 90% (Salvator 2014). Treatment only takes minutes, with minimal discomfort and no time off work. Three treatments are required at 0, 4 & 8 weeks.



Key Benefits

- * painless treatment
- * low risk with little or no side effects
- * suitable for almost all women, including those under 50
- * achieves long-lasting improvements
- * no down time after treatment
- * use when oestrogen is contraindicated, such as breast cancer patients
- * immediate noticeable improvement for most patients
- * vaginal burning improved
- * incontinence & urgency improved
- * dryness & loss of lubrication improved
- * vaginal & vulval pain improved
- * painful sexual intercourse improved



Vaginal mucosa before (left) and four weeks after treatment (right)

Mona Lisa Results

Dr Foote has now performed 137 cases of Mona Lisa vaginal laser rejuvenation, with patients reporting a 90% improvement in their dyspareunia, laxity and incontinence symptoms.