



Do not let hormonal changes impair your self-confidence!

The vagina is the organ with the highest density of estrogen receptors per surface of the human body. Estrogens are the hormones produced by the ovaries, responsible, among other functions, for maintaining hydration of the genital mucosa (vulva and vagina). That is why, when the menopause arrives and the estrogen levels drop abruptly, there are changes that can reduce your quality of life: dryness, vaginal itching, discomfort, pain and bleeding with sexual intercourse, atrophy of the lips and even repeated urinary infections. If vaginal births have also occurred, all this can be combined with slight losses of urine when exercising, laughing or coughing.

If the average age at which menopause is reached is 52, you still have 30 years to live. Do you want to enjoy them improving your quality of life, without giving up your usual activities and your life as a couple?

“My name is **Diane**, I'm 65 and need a solution for my **#Incontinence**.”

Do you know what genital rejuvenation is? Have you heard of the vaginal laser?

Until now it was unusual for a woman in the menopause to consult the gynecologist about her aesthetic and genital function in relation to sexual life. Until a few years ago, the laser in Gynecology only treated pathologies of the genital apparatus like condilomas, warts, and treatment of HPV or labioplastias.

Today the demands of women are changing. At present, the laser treats vulvar and vaginal function as well as aesthetic rejuvenation.

Problems such as loss of elasticity and vaginal dryness or mild urinary incontinence are the most common demands of patients in the Gynecological consultation.

You must know:

- ➔ After treatment, the patient can perform a normal life immediately. It is advisable to use a vaginal moisturizer for 5 days after the session and not to have intercourse during the first week.
- ➔ For most women, two sessions are required, separated by approximately 6 weeks.
- ➔ Cases of genital reconstructive surgery (labioplasty, perineoplasties, etc.) must be performed in the operating room. The laser offers the advantage of precision, resulting in less bleeding and less edema of the repaired tissues, with a rapid recovery.

At HC Marbella we can help you with confidence

The gynecology unit of HC Marbella has a new laser solution for the well-being of the female intimate area: the Gynelase™ system with fractionated CO2 laser technology. This intimate laser is an effective, safe and non-surgical treatment for the effects caused by pregnancy, childbirth, age or menopause in the woman's body; greatly increasing the quality of life.

The fractionated CO2 laser produces a thermal effect that stimulates the production of collagen in the cells and tissues of the vagina. This new collagen recovers the vaginal function in an integral way:

- It reduces the diameter of the vagina.
- Reconstitute the vaginal pH.
- It recovers the tone and lubrication of the vagina.
- Returns strength and control in the vagina.
- Tightens the urethra to prevent leakage of urine.

In addition, Gynelase™ helps to redesign and rejuvenate the appearance of the external genitalia, achieving greater uniformity. It is also used for genital whitening.