

Women are calling “It” Life Changing . . .

Ever talk about it . . . Vaginal dryness, itching, burning, painful intercourse? What is it? Prior to menopause, during menopause, after menopause, and after treatment for breast cancer, women can experience symptoms of vaginal dryness, irritation, burning, or pain with intercourse. Vaginal Atrophy is a condition affecting millions of women in which the walls of the vagina and vulva become thinner and drier due to a decrease in estrogen. Affecting approximately 40 percent of postmenopausal women, this condition may also result in decreased urinary tract health, for example, pain and frequent urination and even recurrent urinary tract infections.

Until recently, traditional therapies for vaginal atrophy included administration of hormones such as estrogen or the oral medication *Osphena*®, or a variety of non-medicated, over the counter vaginal moisturizers or lubricants. Many women, such as breast cancer survivors, may be advised against the use of hormones, while others have previously tried hormonal therapy with cost and effectiveness issues. Fortunately, there is a new, cutting edge, non-hormonal treatment called **MonaLisa Touch**®. With proven, successful treatment of vaginal atrophy, women everywhere are calling “It” Life Changing . . .

HOW IT WORKS

A specially-designed CO2 fractional laser is used in an office setting to painlessly treat the atrophic, thin, and sensitive vaginal wall. The laser has unique characteristics of penetrating laser energy into the superficial layers of the vaginal walls in such a way that it stimulates collagen and returns the vaginal tissue to a state that was present prior to the changes induced by menopause. The medical laser delivers a painless treatment that takes less than five minutes. The procedure is done in office; in a simple fashion by placing a small probe

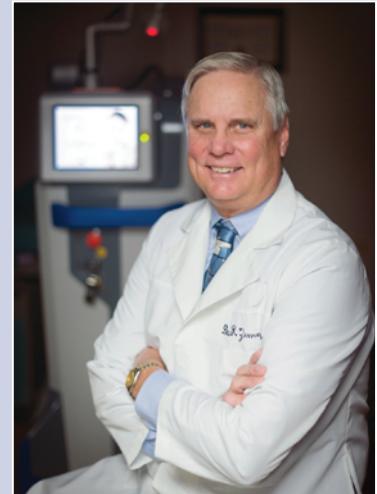
in the vagina. Since it is painless, there is no need for anesthesia. Some patients report mild discomfort with the insertion of the laser guide during the first procedure due to vaginal dryness. Each treatment session lasts approximately five minutes and no post-treatment pain medicine is required.

Having practiced gynecology in Barrington for more than 30 years, Dr. Zimmerman has treated many women suffering with these vaginal menopausal symptoms. There were no ideal treatments available to offer to them until now. Dr. Zimmerman wanted to make this new treatment available to supplement the existing treatments that may have high ongoing costs or undesirable side effects. The standard protocol is to have three treatments, six weeks apart.

The procedure has been available internationally since 2008 and over 20,000 women have been treated successfully with this procedure in Europe and they have had no adverse effects. The treatment was approved by the FDA for use in the U.S. in 2014. The U.S. study at The Christ Hospital in Cincinnati in conjunction with Stanford University confirms the European results.

Many of Dr. Zimmerman's patients have reported symptom relief from the treatment. According to Dr. Zimmerman, with these types of outcomes, the **MonaLisa Touch** is a game-changing procedure for women suffering with vaginal atrophy. “My patients that have already completed the three session protocol have reported excellent results and I am grateful to be able to offer women this treatment.” The **MonaLisa Touch** is a real breakthrough for feminine health. Safe and effective, **MonaLisa Touch** provides a painless, non-hormonal option for menopausal women to treat vaginal atrophy and is especially significant for patients where estrogen therapy is contraindicated.

RANDY ZIMMERMAN, M.D.
OBSTETRICIAN-GYNECOLOGIST



Dr. Randy Zimmerman is a Board Certified Gynecologist practicing in the Barrington area for more than 30 years. He completed undergraduate and graduate studies at Northwestern University and medical training at the University of Illinois. Dr. Zimmerman is Board Certified by the American Board of Obstetricians and Gynecologists. He is also a member of the Association of Minimally Invasive Gynecological Surgery (AAGL), the leading association promoting minimally invasive gynecologic surgery as well as a member of American Society of Laparoscopic Surgeons.

Contact Information:

Please feel free to contact the office at 847-277-0500 to schedule a private consultation to determine if you are a candidate for this leading edge treatment.

Randy Zimmerman, M.D.
847-277-0500
www.DrRandyZimmerman.com