Leaking is no laughing matter

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New guidelines released in April 2019 regarding incontinence have indicated that all non-surgical options for this condition should be explored before surgery is considered.
Where does that leave the millions of women who aren't that extreme, but still suffer urinary incontinence?

In simple terms, they're finding their own treatment, and it's proving to be highly effective. Since 2016, more than 3,000 women have undergone vaginal laser treatment at one of the many The Women's Health Clinics (TWHC) across the UK.

The clinic was set up by Emma Soos, who is now managing director of The Women's Health Clinic. A urology nurse with urology and laser experience, she was inspired to help others by her own personal journey following issues relating to damage after childbirth — and the frustrating lack of services available.

The clinics are run by an all-female, nurse-led team who have a variety of skill sets ranging from midwifery, sexual health, urology and aesthetics through to the menopause.

TWHC also received CQC accreditation in 2018 as the Nu-V laser vaginal rejuvenation treatment was deemed to be an effective medical intervention in the treatment of the disorders that many women suffer from. These common complaints include incontinence, atrophy, laxity and difficult or painful intercourse to name but a few, and can often be very debilitating.

Nu-V gives patients a non-surgical route to vaginal tightening, and it has also been proven to help with many menopausal symptoms.

Amy White is 32 years old, married and a busy working mum with three children. She explains how she came to have a Nu-V at The Women's Health Clinic: "My first son was born 9lbs 2oz, and though I suffered some slight incontinence problems after him, I did my pelvic floor exercises and managed to recover. However, I still had to wear pads. I started to notice I was suffering from laxity too, and I lost my confidence.

"I had a friend who'd undergone Nu-V, so she told me all about it and joined me at my first appointment. I feel so much more confident and happy about life now. I no longer steer away from sex or tricky sporting activities with the kids. When you're a young mum with kids, it's important to live life to the full and enjoy all these precious moments. That is exactly what I feel I'm doing now."

Sarah Bailey is 36 years old, from Staffordshire and works as a professional saddle fitter. Here she shares her story: "I can honestly say the Nu-V treatment has changed my life. Before I had the treatment, I had to plan every car journey, working out where I could stop for a wee. This made me anxious to travel. It all started when I had my son. He was 9lbs 3oz, and I had a dreadful delivery and suffered the consequences. As a new mum, you're told: 'It's all part-and-parcel of having a baby'. But I wasn't OK, and I really started to suffer — sex was painful and not enjoyable at all; when I exercised I'd leak; even laughing was an issue. Then I saw a woman on *This Morning* explain her Nu-V procedure, so I went online and set up an appointment with Emma Soos in Leicester. Now I can go hours and hours without needing the loo and sex is pain-free. I can do my job properly as well as ride my horse again without an accident. I've had all three treatments, and the third is the one that made the biggest difference."

For more information:
T: 0800 488 0909
W: www.thewomensheath.clinic

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