

# LIFESTYLE™

BALDWIN PARK • COLLEGE PARK • DAITLAND • WINTER PARK

MAY 2018

A DIVISION OF VSM GROUP



## DR. CHRISTOPHER WALKER

Q&A with  
*Orlando's Leading  
Women's Pelvic  
Health Expert*

**YOUR  
DREAM  
HOME  
NOW**

**DERBY  
DAY!**  
YOUR  
PERFECT  
PARTY GUIDE

# 6

**MUST-HAVE  
HOME TECH  
TRENDS**

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- DAY -  
**GIFT GUIDE**

# WHAT WOMEN NEED TO KNOW ABOUT THEIR HEALTH

**Dr. Christopher Walker** answers your questions about the most intimate female matters.



**U**rogynecology is a sub-specialty that offers an all-in-one approach to women's health issues. Dr. Christopher Walker of Urogyn Specialists of Florida can diagnose and treat the full spectrum of these issues, often without the need for outside referrals. This Q&A covers just some of the services the practice offers.

**Q: Since having my baby, I've been dealing with sharp, sudden pelvic pain and pain during sex. How can I get my body back to normal?**

**A:** There are many causes of postpartum pelvic pain. If you're experiencing any form of it, consult your provider to find the cause before it leads to a more serious issue that requires further treatment. We customize treatment plans for each patient.

**Q: The older I get, the less control I have over my bladder. I'm afraid to sneeze, cough and even laugh when I'm out in public. What can I do?**

**A:** ThermiVa is a radio-frequency "lunch time" procedure that provides a thermal effect to stimulate collagen renewal and thicken the walls of the vagina, which helps to treat and prevent stress urinary incontinence. We offer several other treatments to strengthen the pelvic floor and help patients regain their confidence.

**Q: My menstrual cycle is abnormally heavy. Is there something wrong with me?**

**A:** Many women experience abnormally heavy bleeding and think they just have to live with it. That's not the case. Although there is no true "normal" there are warning signs that you're bleeding too much. Start journaling heavy bleeding incidents so a proper treatment path can be determined.

**Q: After 18 months of chemotherapy I have side effects like painful intercourse, vaginal dryness and abnormal appearance. Is there a treatment for this?**

**A:** Yes, BejaREGEN® is a safe, reliable and effective method for enhancing intimate wellness and aesthetic appeal using the patient's own cells to naturally restore and revive her most intimate area.

**Q: I received transvaginal mesh to correct a pelvic organ prolapse. What are my options for removal?**

**A:** The procedure for removing transvaginal mesh is called revision surgery or excision surgery because the mesh was never designed to come out. I work with a team of surgeons and therapists to help women regain their lives after dealing with the devastating complications of mesh.

**Q: I'm a 37-year-old new mom. I've lost the majority of vaginal sensitivity and have little to no sex drive. Are there any non-invasive treatments for sexual wellness?**

**A:** ThermiVa, O-shot and a regenerative medical technique called BejaRegen are non-invasive treatments that help combat sexual dysfunction while repairing incontinence and regenerating healthy tissue.

**Q: I'm 59 and my sexual desire feels differently. Are there any options to naturally stimulate and enhance my desire?**

**A:** Regenerative medicine offers an all-natural, zero-rejection rate, non-surgical treatment option to restore sexual desire and function. Cellular-rich platelets are harvested and precisely injected into the intimate areas to stimulate rapid division of cells, giving rise to new tissues and leading to vaginal rejuvenation in women.



## ACCEPTING NEW PATIENTS



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