

# Stress relief

**Dr Kathryn Taylor-Barnes** reports on the FemiLift training session she attended at Courthouse Clinic

**O**n 29 July myself and two colleagues met with Albert Best from ABC Lasers for a FemiLift workshop at Courthouse Clinic in Wimpole Street, London.

My colleagues Dr Kasia Brennan, an aesthetic doctor from Courthouse Clinics, and Dr Trevor Wing, from Women's Natural Health Practice in Richmond, devoted their Friday afternoon to learning about what the FemiLift treatment can do. We had three models who were each given a full FemiLift treatment after an initial consultation, procedure consent and examination. The thorough tutorial we had from Albert Best really helped our knowledge so that we could explain in detail to our patients which condition this wonderful technology could help to improve.

My models were two sisters from Surrey who were in their forties. They had each given birth to two large babies years ago and both suffered a degree of stress incontinence and laxity.

They each felt they could benefit from a FemiLift treatment to help their symptoms and were excited at the prospect of reducing their "dribble factor". We discussed that this embarrassing side effect many women suffer from is not openly discussed and this may be due to a lack of general knowledge that it can be improved with non-surgical treatments such as FemiLift.

The ladies said they had done countless hours of pelvic floor exercises with little effect and felt that the FemiLift approach was much more appropriate for them than to consider surgery.

All the models were pleasantly surprised that the procedure was quick (only 15 minutes) and the only degree of discomfort was towards the end of the treatment and described as three out of 10 intensity and a "warm feeling". During a treatment the FemiLift probe inserts into the vaginal cavity and with a sequential twist motion allowing the CO2 laser beam to cover the vaginal cavity



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walls circumferentially easily controlling the energy dose via a convenient foot pedal. I found I got into a rhythm of manual twist and tapping the foot pedal that made the treatment simpler to do. I was reassured that this technology does not cause damage to the surrounding tissues.<sup>1</sup>

The FemiLift monitor was set up so that even I could understand it. FemiLift is straightforward and I felt confident after the training day and look forward to informing my patients about FemiLift at my clinics.

The FemiLift CO2 treatment can reduce urinary stress incontinence, tighten the vaginal canal, improve sexual sensation, improve vaginal mucosal lubrication and help make a woman feel more youthful. The ageing process, menopause hormonal effects and tissue stretch from giving birth can be cumulative and cause significant quality of life impacting symptoms in many women.

The non-surgical option in FemiLift will no doubt become very popular and help many British women in the near future. FemiLift is here to stay! **AM**

**REFERENCES**

1. Elias JA., Ing AL., FemiLift: A new tool to treat urinary incontinence disorder. <http://fitzwilliamprivateclinic.ie/we-content/uploads/2014/02/FemiLift-clinical-trials-paper.pdf>



**Dr Kathryn Taylor-Barnes** is owner of the Real You Clinics in Surrey where she personally offers a bespoke cosmetic injectables service. Medically qualified since 1996, and clinic owner from 2004 Dr Taylor-Barnes is considered an expert in her field having carried out over 20,000 treatments. She also works as a NHS GP in Richmond. Promoting a younger looking skin together with great health is her aim. Dr Taylor-Barnes is a regular contributor to aesthetic journals and speaker at conferences. She is completing a Masters at University of Bournemouth and is medical spokesperson for Skinade.