

THE STRAITS TIMES
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The Doctor is in

Tightening down under

Loose vagina is a common condition among females. It is described as loss of the optimal vaginal structure. The medical term is Vagina Relaxation Syndrome. Women with Loose Vagina Syndrome (LVS) have a variety of symptoms. Some women experience a bulge at the vagina, pelvic pressure, bowel dysfunction, bladder dysfunction or urinary incontinence while couples may have decreased satisfaction with sexual intercourse.

What causes LVS?

The main supports for our vagina and pelvic organs (bladder, uterus and rectum) are:



1. the bony pelvis
2. the pelvic floor (levator ani muscle) and
3. the pelvic fibrous tissue (endopelvic fascia)

The muscular and fascia components undergo substantial degeneration in a woman's lifetime due to childbirth and aging.

Can LVS be treated?

A spectrum of treatment options is available. They range from pharmacological (hormonal, tightening creams and sprays) to behavioural therapies (Kegel exercise) but these have limited efficacy.

Surgical procedures are old fashioned 'cut-and-sew' treatments which have low levels of patient satisfaction and often lead to pain with intercourse. Furthermore, the patient will need one to three days of hospitalisation and four to six weeks of leave from work. There will also be transient pain at the vagina/vulva area requiring pain relief medication.

The NeoVaginal Laser (NV-Laser) is an advanced and novel treatment for LVS.

How is NV-Laser done?

The process involves a clinical procedure using a state-of-the-art laser machine at LC Lee Urogynae Centre. The unique wavelength of the laser causes a controlled increase in tissue temperature (50 to 70°C). Heating of vaginal collagen causes the collagen fibres to contract and shrink. Thermal tightening occurs by collagen remodelling and re-growth forming a tighter vagina with less laxity.

How good are the results?

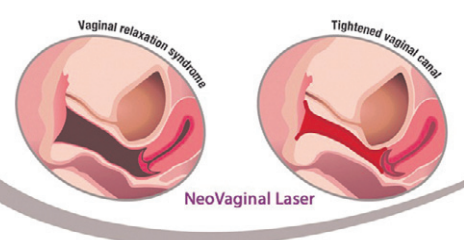
Clinical studies have shown 70 to 95 per cent improvement and patient satisfaction after treatment.

The unique NV-Laser:

- No anaesthesia or pain relief medication required as the procedure is totally painless
- Incisionless, no scalpels or sutures are involved
- Walk in/walk out clinic procedure with no downtime from work

Abstinence from intercourse and swimming for two weeks after the procedure is advised. The tightening effect is only evident a few weeks after treatment as it requires time for the collagen to regenerate. Two treatments done four to six weeks apart are required for optimum results.

Figure2. Vagina before and after NV-Laser



NeoVaginal Laser (NV-Laser)

The Healing Power of Light

- ✓ **No Anaesthesia required**
- ✓ **No Cuts or Sutures**
- ✓ **No Downtime from work**



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Wed: 2pm – 8pm
Sat: 9am – 1pm

Wise up about your wisdom teeth

By the age of eighteen, the average adult will have 32 teeth. However, the average mouth can only hold 28 teeth. These four other teeth are your third molars, also known as "wisdom teeth".

When they align properly and gum tissue is healthy, wisdom teeth do not have to be removed. Unfortunately, this rarely happens.

At times, they are prevented from properly growing within the mouth. Hence, extraction or surgery become necessary when these teeth become impacted – growing sideways, partially emerging from the gum, or even remaining trapped beneath the gum and bone.

At B9 Dental, you will be in good hands, as B9's wisdom tooth extractions and surgeries are performed by experienced, skilled doctors.

Most of us may not even know that we have wisdom teeth, much less an infected one, until we start feeling pain. Signs of an infected wisdom tooth include pain, red or swollen gums, tender or bleeding gums, swelling around the jaw, bad breath, an unpleasant taste in your mouth, and even headaches.

An impacted wisdom tooth can cause many problems too. For instance, it may cause damage to other teeth. If the wisdom tooth pushes against the second molar,



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it may damage the second molar or make it more vulnerable to infection. This pressure can also cause teeth to be overcrowded.

Partially impacted wisdom teeth appear to be more vulnerable to tooth decay (caries) than other teeth. This usually occurs because wisdom teeth are harder to clean, resulting in food and bacteria getting trapped.

If left untreated, this can obviously lead to gum disease, and eventually, even cysts. The wisdom tooth grows in a sac within the jawbone. The sac can fill with fluid, forming a cyst that can damage the jawbone, teeth and nerves.

Hence, most dental professionals recommend a thorough checkup of your wisdom tooth before deciding on a course of action. A plus point is that wisdom tooth surgery can be fully claimed from Medisave.

At B9, these options as well as the surgical risks (i.e. sensory nerve damage, sinus complications) will be discussed with you before the procedure is performed.