



AMS Pelvic Floor Clinic

Do you or someone you care for suffer from incontinence?

You are not alone.

What is Urinary Incontinence?

The inability to control the release of urine. It is not a disease, but a symptom. Many conditions and disorders can cause the symptom of urinary incontinence, including pelvic surgery, childbirth, injuries to the pelvic region, infections, hormonal changes and changes associated with aging. Other terms used to describe the condition are weak bladder, irritable bladder or over active bladder.

Incontinence is a widespread condition that ranges in severity from 'just a small leak' to complete loss of bladder or bowel control. In fact, over 4.8 million Australians have bladder or bowel control problems for a variety of reasons. Incontinence can be treated and managed. In many cases it can also be cured.

Introducing the AMS Pelvic Floor Clinic- Open 7 days!

Have you tried the 'wave chair'?

The 'wave chair' embraces ExMI™ Pelvic Floor Therapy System, a non-surgical therapy for the treatment of stress, urge and mixed incontinence, prolapse and pelvic pain in women, incontinence and erectile dysfunction in men.

ABSOLUTE MEDICAL SERVICES

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How does it work?

The process is similar to pelvic floor exercises or Kegel for the pelvic floor. While conventional pelvic floor exercise can help to restore continence, patients often perform the exercises incorrectly, incompletely, or inconsistently. With ExMI™, the system produces highly focused pulsed magnetic fields and performs the exercises for the patient in a more complete and effective manner than the patient could do on their own. No active participation by the patient is required.

Who is it suitable for?

For patient's whose incontinence is caused by a weakening of their pelvic floor muscles, ExMI™ can offer unique therapeutic benefits. Unlike other therapy options, ExMI exercises all of the muscles in the pelvic floor to rebuild strength and endurance and restore bladder control. ExMI™ accomplishes this while the patient sits fully clothed in a comfortable chair.

Before receiving treatment, a patient needs to be fully assessed, to make sure their bladder control problem is the type that can be helped by ExMI 'wave chair' therapy. Once it has been determined that the cause of the condition is weakened pelvic floor muscles, ExMI may be prescribed by your doctor.

What happens on the 'Wave Chair'?

During treatment, a patient sits fully clothed in a specially designed chair that has the ExMI technology embedded in the seat. The treatments, which are typically performed twice a week, are painless and take approximately 20 minutes.

A complete course of treatment may take eight weeks or more, depending on the condition of the pelvic floor muscles when therapy is started.

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The Results

Scientific studies have shown that rebuilding the pelvic floor muscles with ExMI is effective in helping patients regain continence. In addition, patients treated with ExMI have reported significant improvements in their quality of life.

Get your continence back- Try the AMS Pelvic Floor Clinic

Incontinence treatment can be simple and easy, and provided by respected doctors consulting from our practice who can help restore your dignity. Painlessly.

Contact us today on 4328 5200 to book an appointment with your doctor

Top tips for a healthy bladder

Most people take bladder control for granted—until it's gone. Some of the doctors consulting from our practice have prepared the top tips below to help promote a healthy bladder.

- Maintain a healthy weight- the heavier you are, the more weight presses on the bladder
- Drink plenty of water — about six to eight glasses daily, avoid too much caffeine
- Pelvic floor active- strengthen your pelvic floor muscles and keep active with exercise
- Let it all out- make sure that you urinate completely
- Don't smoke- smokers have a two to three times higher risk of bladder cancer than non-smokers.
- Watch what you eat-certain food such acidic and spicy can contribute
- Try cranberry juice- may help keep your bladder safe from infection

If you have any queries or concerns you should speak with your GP.

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