

## Urinary incontinence – there are solutions

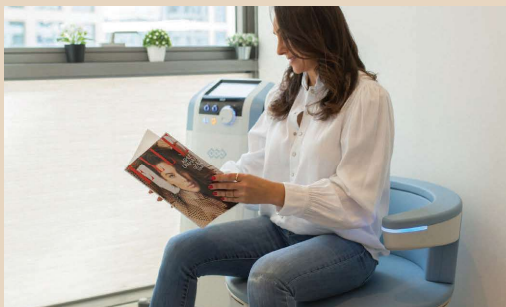
**U**rinary incontinence (the loss of bladder control), which is common in both men and women, is often an embarrassing problem. The severity of the condition ranges and is sometime related to other health problems. It can be manifested by leaking urine when one coughs or sneezes, as well as other symptoms, such as the urge to urinate often or an urge that's so sudden and strong that one can barely get to a toilet in time. Many people who suffer from the problem find it too embarrassing to even discuss with their physician. However, the condition can be treated quite easily and effectively.

The condition is usually diagnosed according to the patient's complaints. Most people can tell if they suffer from the problem. As it manifests itself differently in different people, it is very important to diagnose the signs correctly.

**Urine traces on underpants:** If this occurs often, it may suggest loss of bladder control. If it occurs chronically, it must be investigated.

**Inability to control urination:** People who suffer from occasional leakage of urine probably suffer from urinary incontinence.

**Frequent visits to the bathroom:** The urge to urinate very often is a sure sign of the condition. It is usually noticeable at night, when the person has to get up from bed several times to go to the bathroom.



**The feeling of being unable to empty the bladder completely:** People with this problem usually suffer from some degree of urine leakage as well, which could be manifested in later stages.

Good news. There is a new and advanced way to treat urinary incontinence and strengthening of the pelvic floor. The BTL EmSella Chair is a unique technology that provides those suffering from incontinence with a completely non-invasive option. The treatment has been clinically proven to be effective, especially for women over 40 after childbirth. It has also been found to be effective in treating men.

The chair helps strengthen the pelvic floor and treats all the symptoms that result in the weakening of the pelvic-floor muscles.

Using a breakthrough HIFEM electromagnetic technology, which deeply stimulates the muscles, the chair can eliminate the need for surgery. While the patient sits on the chair fully clothed, the BTL EmSella stimulates the pelvic-floor muscles (like when using the Kegel technique) with more than 11,200 contractions per session. The stimulations lead to regained control of the bladder and pelvic-floor muscles.

The treatment is available at Dr. *Tzahi Vider [Tzachi Wieder?]* VIV clinics. ■

## New treatments for excessive sweating



**E**xcessive sweating, or hyperhidrosis, is nothing like the normal sweating we experience on hot summer days. Hyperhidrosis is embarrassing, interferes with daily functioning, and impairs the quality of life for many people.

Studies show that 3% to 10% of the population suffer from hyperhidrosis, which usually occurs in a particular organ or in several areas of the body, such as the armpits, palms, soles of the feet, face or groin. There are a number of solutions to the problem, ranging from ointments to surgery.

It turns out that Israel is a superpower when it comes to treating excessive sweating. The VIV Clinic medical center, located in Herzliya, is the oldest, largest, and leading center in Israel and in the world for the treatment of hyperhidrosis.

### 1. MiraDry device

VIV Clinic was the first center to bring the MiraDry treatment to Israel. The clinic has five treatment devices that ensure a seamless treatment sequence. VIV has obtained the Diamond Provider Standard, winning first place in Israel for the number of MiraDry treatments administered. There are more than 10,000 satisfied and dry clients, who constitute about 95% of the patients treated for hyperhidrosis in Israel. MiraDry, which is FDA approved, is a non-invasive, long-term solution for the treatment of hyperhidrosis, focused on the armpits. The device works using electromagnetic energy (the same used in microwaves), causing the destruction of the sweat glands in the armpit, through selective heating at the interface between the skin and the fat layer where the sweat glands are located.

The heating causes the destruction of the glands, while the outer skin and inner layers are not damaged. The sweat glands destroyed in treatment will not grow back after treatment. According to predictions, the treatment with the new equipment will replace the only two treatments offered to those suffering from hyperhidrosis in the armpits: Botox injections and surgery.

### 2. PalmaDry

PalmaDry is a simple home appliance for the treatment of hyperhidrosis in the hands and feet. The device was developed by Dr. Tsahi Vider and is manufactured in Germany. It is the only iontophoresis device in Israel and can only be purchased from a doctor. The device has a Standards Mark and approval from the Health Ministry. Who is it for? For anyone who wants to be treated at home. However, the device is not suitable for use by pregnant women, those with epilepsy, or people with arrhythmias or metallic implants in their limbs. The device consists of two trays to which electrodes are generated that produce an electric current. When the patient places his hands or feet in the trays filled with tap water, the water conducts an electric current that disrupts the activity of the sweat glands and causes them to dry out. Treatment with the device is effective but requires perseverance. The effectiveness will be maintained as long as the treatment is continued.

### 3. Botox injection

Botox (**botulinum toxin**) is effective, completely safe, and has no side effects. It can be used to treat hyperhidrosis in almost every area of the body and achieve the result of complete and immediate dryness. Botox treatment is brief, available, and does not require a change in one's daily routine. Botulinum toxin causes temporary paralysis of the sweat glands. When injected into the muscle responsible for contracting the sweat glands, it stops perspiration on the spot for about six to 10 months. Its effect wears off gradually. One of the main treatments is for the armpit area. It is very easy to apply and does not require a long recovery time. The treatments are done with non-invasive technology and do not cause compensatory sweating.

Botox injections have become a popular treatment in the last decade. However, it is felt that the main disadvantage of the treatment is that it is only a temporary solution. ■