

# A nonsurgical procedure to improve orgasms and decrease urinary incontinence

Up to 25 percent of women have an orgasmic dysfunction, which is defined as the persistent or recurrent delay or absence of orgasm following a normal sexual excitement phase. The list of reasons this might happen is long and includes medications, hormone issues, medical problems or relationship issues.



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The O-Shot® is not a drug. It's a procedure performed at Youthful Balance Medical Center in which your own blood platelets are injected into vaginal tissue. The theory proposed by the inventor, Dr. Charles Runels, is that platelets naturally attract your own stem cells to the injected area, therefore generate healthier and more functional tissue in the areas of sexual response in the vagina.

This rejuvenation process helps women experience orgasms with sexual intercourse and increases the strength of the orgasms. This not only helps women feel empowered and confident in their sexual identity, but when women reach climax, a substance known as Oxytocin, is released in the body, which reduces stress and gives an enhanced sense of well-being.

The O-Shot® also treats urinary incontinence. Administered through the O-Shot®,

PRP triggers the release of growth and healing factors that stimulate the tissue to rejuvenate. Relief is typically experienced within one to two weeks following the O-Shot®, and improvement continues over several weeks. Many patients have even had success resulting in reduced or eliminated need for medications used for treatment for urinary incontinence. Some have reported that they have completely stopped leaking urine after the O-Shot®.

With the O-Shot® you can expect:

- Stronger and more frequent orgasms
- Increased sexual desire
- Improved clitoral stimulation
- Increased natural lubrication
- Increased ability to have a vaginal orgasm
- Decreased urinary incontinence
- Younger, smoother skin of the vulva (lips of the vagina)
- Decreased pain for those with dyspareunia (painful intercourse)
- Increased natural lubrication

Women suffer silently when it comes to sexual problems. Reluctant to talk about it, often their condition goes untreated. There are many contributing factors to loss of sexual pleasure like menopause, childbirth, and even the natural aging process may result in sensation being lost, decreased sexual enjoyment and other functional issues in the vaginal region.

Am I suitable for this treatment?

It is estimated that as many as 1 in 20 women suffer from Female Sexual Arousal Disorder, which means that, while they may want to have sex, they find it difficult to get aroused, experience pleasure or achieve orgasm. Around 5 percent of



women are also thought to suffer from Female Orgasmic Disorder, where they can become aroused but have difficulty achieving orgasm. Some women also suffer with pain during and after sex, which is not from decreased lubrication or vaginal spasm, some suffer from stress urinary incontinence.

If you have any of these problems then the O-Shot® could be a solution for you. As with any treatment, you will need to have a consultation first in order to assess your suitability and rule out any contraindications.

Does it hurt?

As a nonsurgical solution, there is minimal pain and discomfort associated with the O-Shot® treatment with some patients reporting experiencing no pain at all. The procedure is performed under local anesthetic to minimize any pain.

Is there any downtime/recovery time?

One of the big advantages of the O-Shot® treatment is that you can return to your normal activities immediately after treatment. Sexual intercourse can even be resumed the same day. ■

Call Youthful Balance Medical Center for your complimentary consultation today!

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