



El Camino Women's Medical Group

Obstetrics, Gynecology, Infertility & Minimally Invasive Surgery

Sarah Azad, MD
Erika Balassiano, MD
Amy Teng, DO

Dear Patient,

We are pleased to announce that El Camino Women's Medical Group is now offering a novel office-based laser therapy for the restoration of vaginal health.

MonaLisa Touch® is designed for postmenopausal women who are suffering from changes in their vaginal health such as vaginal dryness and painful intercourse. Women experiencing side effects as a result of a hysterectomy or breast cancer treatments can also benefit from MonaLisa Touch® laser therapy.

The MonaLisa Touch® delivers gentle fractional CO2 laser to the vaginal wall tissue. It restores vaginal health by generating new collagen, elastin and vascularization.

- **3 treatments <5 minutes**
- **In office procedure**
- **Requires no anesthesia**
- **Extremely safe**
- **Symptom relief after just one treatment**
- **No downtime**
- **Thousands of women successfully treated since 2012**

If you are a breast cancer survivor, are peri- or postmenopausal and are suffering from vaginal atrophic changes, please call our office at 650-396-8110 and ask for Shar to schedule an appointment.

Sincerely,

Sarah Azad, MD

The MonaLisa Touch® has been used in over 15,000 women worldwide. It has FDA Clearance and is indicated for incision, excision, ablation, vaporization and coagulation of body soft tissues in medical specialties including gynecology and genitourinary surgery.



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MonaLisa Touch Frequently Asked Questions

The Issue

Today more than ever before, even with the passage of time, many women still retain their youthful energy and enthusiasm, but post-menopausal changes can affect a woman's quality of life in unexpected ways. Intimacy just doesn't feel the same as it did. Now, there is a gentle laser therapy that can help millions of women who are silently suffering.

What is the MonaLisa Touch?

The MonaLisa Touch is a gentle laser therapy that delivers controlled energy to the vaginal wall tissue. It restores vaginal health by generating new collagen, elastin and vascularization. The MonaLisa Touch was first available outside the US where more than 15,000 patients have been treated worldwide.

How does it work?

The MonaLisa Touch uses gentle laser energy that is delivered via a side-firing probe inserted into the vaginal canal. A two-part pulse targets the vaginal lining, both the surface (epithelial) tissue and deep (lamina propria) tissue to promote vaginal mucosal revitalization.

Where can I have this done?

The MonaLisa Touch is a brief, safe, in-office procedure performed at:
El Camino Women's Medical Group
2500 Hospital Dr. Ste 8A
Mountain View, CA 94040

Does the procedure hurt?

The procedure requires no anesthesia. Some patients may experience some discomfort the first time the probe is inserted, but the actual treatment is not painful. Many patients report that it feels like a gentle vibration.

How long does it take?

Patients receive three treatments, spaced six weeks apart, which each takes about five minutes to perform.



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When will I see results?

Most patients feel improvement after the very first treatment, although the procedure calls for three treatments that are generally spaced over an 18-week period.

How long does it last?

Patients should expect to come back annually for one maintenance treatment.

What clinical trials have been conducted on the MonaLisa Touch?

A multisite study was conducted by Dr. Mickey Karram, Director of Fellowship Program on Female Pelvic Medicine & Reconstructive Surgery at The Christ Hospital, Cincinnati, OH and Dr. Eric Sokol, Associate Professor of Obstetrics and Gynecology at the Stanford University Medical Center.

The trial assessed the use of CO2 fractional laser therapy on 30 women with gynecological health issues due to natural or induced menopause who are experiencing problematic vaginal symptoms related to sexual intercourse. All of the patients in the trial were treated with the MonaLisa Touch laser therapy. Results were:

- Overwhelmingly positive and immediate results
- Highly statistically significant improvement in symptoms after first treatment
- Escalation of progress with each subsequent treatment

A study was done by Dr. Stefano Salvatore*, Department of Obstetrics and Gynecology, Vita-Salute San Raffaele University to assess the feasibility of fractional CO2 laser in the treatment of 50 women suffering changes in their gynecologic health.

- 42 patients (84%) showed significant improvement in their physical and mental quality of life scores over baseline and were satisfied with the treatment. Gynecologic symptoms were significantly improved.

**Women in the study either experienced natural menopause or induced menopause as the result of hysterectomy or drug-induced suppression of ovarian function (chemotherapy, radiations, and anticancer drugs such as Tamoxifen).*

What are my limitations after the procedure is done?

Patients should refrain from sexual activity for 2-3 days.



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For which patients is this treatment appropriate?

The MonaLisa Touch is appropriate for any female who has gone through menopause, as well as those who are experiencing post-menopausal vaginal symptoms as a result of a hysterectomy or breast cancer treatments.

Is this procedure safe for women with breast cancer?

Yes, the MonaLisa Touch therapy is particularly well suited for patients who cannot, or prefer not to receive estrogen therapy.

How much will the procedure cost?

The procedure is \$3000 for the first year (includes all three treatments). You have the option to pay over 6-12 months, here is a 10% discount (\$2700) for payments made in full at time of first treatment.

Are there other non-estrogen alternatives?

Osphena is the other non-estrogen treatment for vaginal atrophy. Osphena is an oral pill taken once a day and the full retail price is \$200 per month or \$2,400 per year. Even if covered by insurance at 50% the yearly cost is \$1,200.

Like all oral medications, there are potential side effects, the most common one being hot flashes.

Will the procedure be covered by insurance?

At this time, the procedure is not covered by insurance. However, if you have a Health Savings Account (HSA) or Flexible Spending Account (FSA), contact your insurance company for eligibility.



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It's OK to talk about **it.**[™]

Have you experienced vaginal dryness and painful intercourse since menopause?

Now there is an alternative to Estrogen Replacement Therapy
and women are calling it "life changing."

MonaLisa Touch[®]

MonaLisa Touch[®] delivers gentle laser energy to the vaginal wall tissue that stimulates a healing response generating new collagen and elasticity. It's a simple, safe procedure done in minutes, with no anesthesia, no downtime, no pain and no side effects.

*Clinically Proven • In-Office Procedure • Only 3 Treatments • Less Than 5 Minutes
No Anesthesia • Pain Free • Immediate Results • Safe and Hormone Free*