

SEXUAL HEALTH & WELLNESS CENTER

**ACHIEVE
OVERALL BODY
HARMONY**

**LET'S TALK
ABOUT SEX**

**THE IMPORTANCE
OF SEXUAL HEALTH
TO HEALTHY LIVING**

**PAIN WITH
INTERCOURSE?**

**INCONTINENCE AFTER
CHILDBIRTH?**

WHAT'S INSIDE?

- 1 What's Inside?
- 2 Welcome Letter
- 3 Medical Therapies
- 4 Restore Sexual Wellness
- 5 Priapus Shot
- 6 Shockwave Therapy
- 7 Beyond the Blue Pill
- 8 Orgasm Shot
- 9 Female Pellet Therapy
- 10 Mona Lisa Touch
- 11 V Tone
- 12 Morpheus 8V
- 13 Emsella

Welcome!

Thank you for inquiring about our Sexual Health and Wellness Center.

Sexual wellbeing has been proven to be associated with increased happiness. 43% of women and 31% of men have bothersome problems related to their sexual wellness but do not feel comfortable discussing these problems with a medical professional. We at

Garden State Urology have developed this program to provide you with a variety of sexual wellness needs to help you realize your personal best with little to no downtime.

UNDERSTANDING THE PROGRAM

At the core of our wellness program is you! Our goal is to help you stay physically and psychologically healthy, so that you can enjoy long lasting and fulfilling lives. Together with you, we are able to form a partnership that works towards a healthy body, mind, and spirit. Through our patient-centered approach, our wellness program will:

- Tailor your treatment to fit your needs
- Address specific health concerns that you may have along with any goals
- Treat more than just the symptoms
- Tackle the “why” of your particular health issue

With the help of Garden State Urology's Sexual Health & Wellness Center, you are given the proper tools to enhance your life and are empowered to live the healthiest and happiest life possible.

HOW IT WORKS

Our first priority during your visit with one of our providers at Garden State Urology is to listen. We will then ask you a series of questions as well as conduct a full range of tests to determine your current health status. During your subsequent follow up visits, we will address any new and on-going health issues. Our wellness program is centered around seeing you continually, preferably four to six times during the course of the year. Through this approach, we are able to treat common issues that both men and women face—especially as they age.

Often these include: Sexual Health & Libido, Fat Loss & Diet, Skin Vitality, Optimal Aging, Energy & Stress Management, and so much more!

As a team, we are committed to a relationship of care. As part of our program, you can be rest assured that when you need us, we will be here to support you.

MEDICAL THERAPIES FOR SEXUAL DYSFUNCTION IN MEN & WOMEN

Our Sexual Health & Wellness Program at Garden State Urology is designed to evaluate all aspects of the sexual response cycle, including libido/desire, arousal, and orgasm. Bloodwork often includes checking not only hormones such as estrogen, testosterone, and proteins which interfere with these hormones (e.g. sex-hormone binding globulin/SHBG), but also thyroid studies and electrolyte imbalances. Often times, simple chemical imbalances can be the cause of difficulty maintaining an erection, poor libido, arousal, or orgasm.

MEN: ENHANCING SEXUAL WELLNESS

For men, we offer comprehensive evaluation and treatment for erectile dysfunction and low libido.

- PDE5 inhibitors, like Viagra and Cialis- pill, injectable, and urethral suppository
 - these medications help increase blood flow to the genitals and can improve erections
- Testosterone supplementation - gels, injectables, and pellets
 - this hormone plays an integral role in maintaining libido and sexual energy
- Alternative testosterone boosting supplements and medications
- Priapus shot & penile vacuum pumps
- Low Intensity Shockwave Therapy

WOMEN: SUPPORTING SEXUAL WELLNESS

For women experiencing sexual dysfunction such as painful intercourse, vaginal dryness, low libido/hypoactive sexual desire (HSDD), and arousal disorder, there are several treatment options now available.

- Addyi (Flibanserin) or Vyleesi (Bremelanotide) and Ristela (natural) Orgasm Oxytocin, or the "love hormone", is often used in our practice to enhance the orgasmic experience, or to help women achieve orgasm
- Topical vaginal treatments (Viagra and testosterone) for libido
- Laser or radiofrequency therapies (Mona Lisa Touch and Votiva)
- Hormone therapy
- Orgasm shot & Female clitoral suction devices
- Emsella for arousal disorder or better orgasms (also helps incontinence)



RESTORE SEXUAL HEALTH

*Priapus Shot Orgasm Shot Vaginal Rejuvenation & Tightening
Emsella*



PRIAPUS SHOT

The Priapus shot, is a non-surgical male enhancement treatment that may increase penis size and improve sexual performance while treating erectile dysfunction. This is achieved by using the body's own platelet rich plasma (PRP) which involves separating the growth factors in the blood from the other blood cells, and then re-injecting this super-charged plasma back into the body.

BENEFITS OF THE PRIAPUS SHOT

- Improved erections
- Increased sexual stamina
- Increased penis sensitivity
- Increase in penis size
- Straightening of curved penises
- More frequent and more intense orgasms



LOW INTENSITY SHOCK WAVE THERAPY (LIST)

LIST is a clinically-researched treatment that enhances male sexual function and performance. Our machine delivers low intensity shockwaves to the erectile bodies of the penis, which increases blood flow. The treatment can be used to correct erectile dysfunction (ED) and Peyronie's Disease (PD - curvature of the penis).

Most men report minimal discomfort and the total treatment time is 20 minutes. The procedure itself is safe, without any reportable adverse events.

BENEFITS OF LIST

- Improved erections
- Increased sexual stamina
- Straightening of curved penises
- More frequent and more intense orgasms



BEYOND THE BLUE PILL

The Beyond the Blue Pill program was clinically designed to combine Priapus Shots with Low Intensity Shockwave Therapy (LIST) to create a treatment plan meant to target various stages of sexual dysfunction.

Our specialists use SHIM (Sexual Health Inventory For Men) to determine which protocol is best for you. A SHIM score is a standardized measurement of erectile function. Using this measurement, health professionals can track progress during erectile dysfunction treatment and determine how many treatments you will need.



ORGASM SHOT

The orgasm shot is a treatment for female sexual dysfunction. The goal of the shot is to increase the vagina's sensitivity to stimulation. It can also be used as a treatment for incontinence. This is achieved by using the body's own platelet rich plasma (PRP) which involves separating the growth factors in the blood from the other blood cells, and then re-injecting this super-charged plasma back into the body.

BENEFITS OF THE ORGASM SHOT

- Increased sensation
- Greater arousal
- Stronger and more frequent orgasms
- Increased lubrication
- Improvement of urinary incontinence



FEMALE PELLETT THERAPY

Hormone pellet therapy is bioidentical hormone replacement therapy in a convenient pellet form. Pellet therapy is intended to supplement or replace your body's natural supply of hormones. Pellets, approximately the size of a grain of rice, are tailored to each patient depending on symptoms, age, weight, and other factors. Our providers insert the pellet into the fatty tissue of your buttock, arm or hip. Once in place, the pellet will release a steady stream of hormones to the bloodstream over 3 to 4 months.

BENEFITS OF PELLETT THERAPY

Increase libido

Lessen hot flashes and night sweats

Relieve vaginal symptoms - dryness, itching, painful intercourse

Increase energy

Stabilize mood, improve depression and anxiety

Ease an overactive bladder and other urinary issues



MONA LISA TOUCH

As women approach menopause, estrogen levels drop, and the vaginal lining thins. Many women have dryness, itching, and recurrent urinary tract infections due to this problem. Mona Lisa Touch uses CO2 laser energy to resurface the interior of the vagina, stimulating the body's healing response for a variety of benefits. The treatment takes less than 5 minutes with little to no discomfort.

BENEFITS OF THE MONA LISA TOUCH

- Enhanced lubrication
- Decreased pain with sex
- Less itching and dryness
- Improved pH
- Lower risk of urinary tract infections



V-TONE

Intravaginal electrical muscle stimulation (EMS) and neuromuscular re-education rehabilitates weak pelvic floor muscles for the treatment of stress, urge, and mixed urinary incontinence in women. V-tone is painless and can help women of all age groups.

BENEFITS OF V-TONE

Whether you're experiencing laxity brought on by childbirth or vaginal and sexual response changes from hormonal fluctuations, VTone uses EMS and neuromuscular re-education to bring back the ease in your intimate life.



MORPHEUS 8V

Morpheus 8V vaginal rejuvenation delivers controlled pulses of radiofrequency energy deep into the vagina and labia that tightens the soft tissue and stimulates the production of elastin and collagen. The result is increased lubrication and renewed thickness, strength and tone in the vaginal walls. Morpheus 8V takes about 5 minutes, and is done with topical numbing anesthesia.

MORPHEUS 8 V VAGINAL REJUVENATION TREATS:

- Painful Sex
- Loose Vagina Walls
- Vaginal Dryness and Itching
- Decreased Vaginal Sensation
- Lowered sex drive
- Urinary Incontinence
- Improved labia appearance



EMSELLA

One third of American women suffer from urinary incontinence, and one in ten women have accidental bowel leakage. Many men also experience these issues as they age or as a result of pelvic surgeries. Emsella is a non-surgical incontinence treatment which addresses these issues by providing a supramaximal contraction of the pelvic floor muscles (stronger than the body is able to do on its own). The result is a strengthening of the muscles which maintain bladder and bowel health. Emsella is done while sitting, takes about 30 minutes, and causes little to no discomfort.

Fortunately, incontinence treatment with Emsella offers effective solutions for those who suffer.

BENEFITS OF Emsella

- A non-invasive procedure with no recovery time
- Comfortable procedure, 30 minute treatment
- Significant reduction in pad usage
- FDA-cleared to improve urinary incontinence
- Stimulates entire pelvic floor
- Strengthens vaginal wall & pelvic muscles



**261 JAMES STREET
SUITES 1A, 2G, 3A, 3D
MORRISTOWN NJ 07960**

**101 MADISON AVENUE
SUITE 305
MORRISTOWN, NJ 07960**

**16 EDEN LANE
WHIPPANY, NJ 07981**

**3155 ROUTE 10
SUITE 100
DENVER, NJ 07834**

**1777 HAMBURG TURNPIKE
SUITE 100
WAYNE, NJ 07470**

**SCHEDULE A CONSULTATION WITH ONE OF OUR
SEXUAL HEALTH SPECIALISTS TODAY!**

**(862) 244-4949
www.gsunj.com**