

# ***Dr. E. P. Fröhlich***

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## **SUNNINGHILL HOSPITAL**

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Dear Patient,

Urinary Incontinence and genital prolapse, or pelvic floor weaknesses, are common symptoms. While some women experience these symptoms early in life, they are more common and troublesome after the forties, once family is complete.

Women seek advice and look for treatment when these symptoms interfere with daily life activities.

Gynecologists can assess the situation and have many management options, natural, exercises or physiotherapy, medical, surgical, and more recently alternative treatments.

The natural exercises, Kegel's exercises are intended to strengthen the pelvic floor and therefore improve the looseness and reduce Incontinence episodes.

Medical treatment involves medication which works on the bladder control. These drugs might improve continence, but have many side effects, and have to be taken daily for ever.

Surgery is an irreversible final option. There are over 60 different procedures, neither of them fully satisfactory. The older procedures have many relapses, the newer ones have fewer but more serious complications.

Natural options are initiated by your doctor and monitored and managed by physiotherapists.

Surgery is performed by Gynecologists, Urologists, and recently by urogynecologists and gynecurologists. This high supra specialisations was necessary due to the complexity, severity and difficulty of the condition and of the management .

Alternative approaches were adapted from cosmetic and plastic surgical interventions which were designed as facial, breast and abdominal procedures, using laser, ultrasound or radio frequency.

After three years of alternative experience, I can say that the results in mild cases of urinary incontinence and prolapse are promising, good but just like the surgery not perfect. There is a notifiable improvement but no cure. The main benefit is that the LVR or LVT procedure is an office one, it is minimally invasive, and not a surgical operation.

Alternative laser or high intensity focused ultrasound treatments improve laxity, generate new collagen and promote the formation of new tissues, with better strength, resulting in improved urinary control.

My equipment is new, the qualifications and training was obtained from the best overseas, local and experienced experts.

I consider my procedures medical and not cosmetic, therefore the reasonable pricing. The medical aids will consider vaginal tightening or rejuvenation, even when performed for urinary incontinence and genital prolapse, as plastic procedures and refuse to refund.

The laser or ultrasound vaginal rejuvenation, LVR, or tightening, LVT, is a 15 minutes office procedure performed 3 times at monthly intervals. Like other cosmetic procedure, the procedure might have to be repeated at 12 to 18months intervals for best outcome.

Should you suffer from mild stress urinary Incontinence or genital prolapse, and exercises be of little help, before surgery, while not try an alternative, minimally invasive, non surgical technique of vaginal strengthening.

To book an appointment for an assessment of symptoms and suitability for LVT or LVR call Sam at 0112343280

My rooms are at Sunninghill Hospital, Sandton, corner Witkoppen and Nanyuki roads, West wing, Ground floor room 22.

Your PAP smear showed some ATYPICAL, unusual, not normal but not abnormal cells.

Usually they mean nothing, and your body will clean them from the cervix.

To exclude an ABNORMAL PAP smear, I would like to perform an HPV (Human Papilloma Virus) test, which will clarify the need for a follow up in 6 months' time or further investigations.

The Laboratory fees for a PAP smear are R.221.90

+ HPV PCR test R.461.00

Please ask your medical Aid to cover the fees, should you have cover and funds available for this test.

ICD10 code N87.1

Alternatively, please indicate whether you will come back for a repeat PAP smear in 6 months' time, or whether you would prefer immediate further investigations, Colposcopy and biopsy, which will cost in the region of R.8500-00.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'E. P. Frohlich', written in a cursive style.

Yours sincerely,

Dr E. P. Frohlich, 1605283