



MODERN AESTHETIC
CENTERS

Life Changing Women's Wellness



EMPOWER RF

by INMODE

Innovative Feminine Rejuvenation



Enhance Your Image, Improve Your Wellness

Strengthen a weak pelvic floor and combat urinary incontinence. Many women experience **bladder control problems** which limit their activities in daily life. These problems get worse with age and should not be considered a normal part of aging.

Pregnancy, childbirth hormone fluctuations, and menopause can weaken a women's pelvic floor muscles, causing urge incontinence as well as decreased sexual satisfaction. However, help is available. We offer innovative treatment options to help you reverse the effects of changes to the pelvic floor and other hormonal issues.

Regain your self-confidence and improve your quality of life. During your complimentary consultation at Modern Aesthetic Centers, our provider will discuss your concerns and develop a customized plan to reach your goals.

Medical Director: David W. Mobley, MD

EMPOWER RF

Safe and Effective Treatments for Women's Health and Wellness

Do you suffer from:

- ◆ Vaginal Dryness (Vaginal Atrophy)
- ◆ Stress Urinary Incontinence (SUI)
- ◆ Urge Incontinence or Leaking
- ◆ Overactive Bladder or Urinary Frequency
- ◆ Interrupted Sleep from Multiple Trips to the Bathroom
- ◆ Painful Intercourse
- ◆ Chronic UTI
- ◆ Recurrent Vaginal Infections (Yeast or Bacterial)
- ◆ Lichen Sclerosis
- ◆ Crepey Vulvar Skin or Labia
- ◆ Pelvic Floor Weakness
- ◆ Decreased Vaginal Sensation or Decreased Ability to Achieve Orgasm
- ◆ Vulvar or Vaginal Pain
- ◆ Episiotomy Pain
- ◆ Labial Laxity & Vaginal Laxity
- ◆ Displeasure or Lack of Confidence in Vaginal/Vulvar Appearance

Did you check even one of the above?

If so, then you could be a candidate for EmpowerRF treatments. Read on to learn about this innovative technology that could make significant improvements and a real difference in your quality of life. Learn how we can customize a plan for you.



You're Not Alone

The Statistics

Stress Urinary Incontinence (SUI) Statistics:

- ◇ Approximately, 1 out of 3 women over the age of 45, and 1 out of every 2 women over 65 have stress urinary incontinence.
- ◇ Urinary incontinence increases with age.
Over half of women with SUI also have Overactive Bladder.

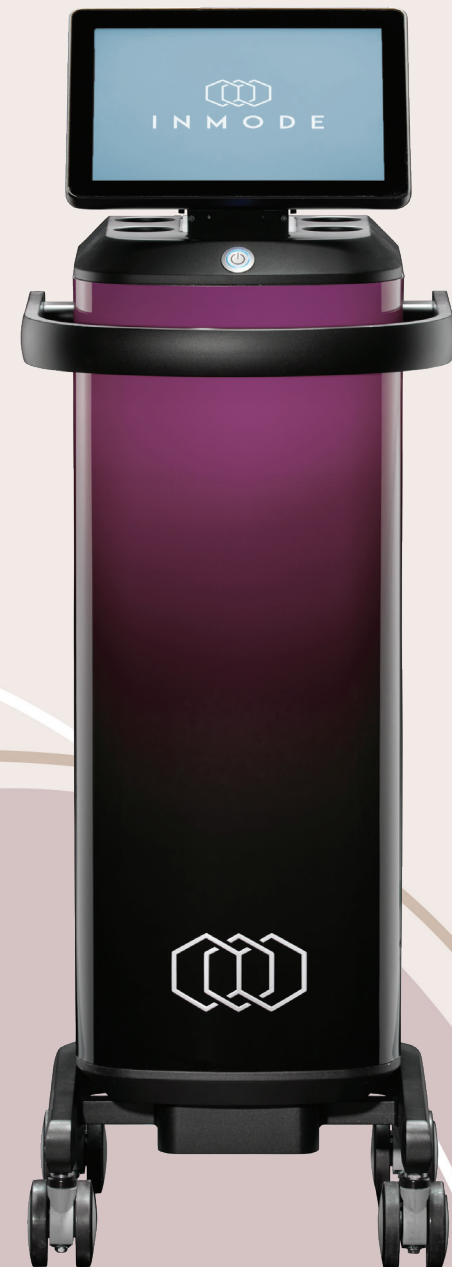
Overactive Bladder (OAB) Statistics:

- ◇ OAB affects an estimated 33 million people in the U.S. And half of these people are struggling with Urgency Urinary Incontinence, when leakage actually occurs.
- ◇ Nocturia is quite common among women. Studies and surveys have found that 76% of women over age 40 report getting up to go to the bathroom at least once per night. About one-third of adults over age 30 make two or more nightly bathroom trips.
- ◇ Contrary to what many people think, overactive bladder is NOT a normal part of getting older, and isn't something you should think you have to live with. It's a real medical condition that deserves treatment.

Sexual Dysfunction Statistics:

- ◇ A recent study found that some form of female sexual dysfunction was reported in 58% of mothers one year after childbirth. The main complaints included insufficient lubrication, abnormal vaginal sensation, vaginal laxity, vaginal tightness, pain with intercourse and incontinence during intercourse.
- ◇ For 1 in 10 women, sex hurts—every time. A new study, which surveyed nearly 7,000 British women ages 16 to 74, found that women in their late 50s and early 60s were most likely to experience pain during sex, followed by women ages 16 to 24.

Sources: The National Association for Continence, Urology Care Foundation, US National Library of Medicine, DOI.org



Empowering Life-Changing Therapies For

A Workout Warrior



Rekindling Your Intimacy



Dealing With Dryness



A New Mommy



EMPOWERRF can help.
Many women, different problems... ONE SOLUTION.

Women's Wellness, Redefined

The EmpowerRF Experience.

The innovative EmpowerRF device—featuring seven different treatment options, all within one platform—is beneficial for essentially every woman! Safe and effective, EmpowerRF delivers life-changing technologies for women's wellness—treating a broad range of conditions such as urinary incontinence, vaginal dryness and pain, weak pelvic floor muscles, decreased sensation and so much more.

This state-of-the-art technology uses a combination of radiofrequency (RF) and electrical muscle stimulation (EMS) to help you regain your self-confidence and improve quality of life. Any woman with vaginal dryness, pain with intercourse, stress urinary incontinence, overactive bladder, vaginal laxity, chronic vaginal infections or lichen sclerosis is an excellent candidate for treatment. It can also benefit women desiring an aesthetic enhancement— replacing sagging or crepey skin with a more youthful, better-toned tissue.

It also offers improvement for women (and their partners) desiring a boost in sensation with intercourse. Our women's sexual health treatment options include:

- ♦ **Forma** – Overall vaginal rejuvenation and bladder control for mild to moderate symptoms.
- ♦ **VTone** – Better-than-Kegels muscle stimulation and pelvic floor strengthening. It's like doing thousands of Kegel exercises in one VTone session!
- ♦ **Morpheus8V** – Ground breaking RF microneedling for overall support, bladder control and tightening for moderate symptoms.
- ♦ **BHRT** – Hormone balancing with pellet therapy, troches or cream. Helps make the most of your EmpowerRF results.

EmpowerRF patients are some of the happiest patients in our practice! Often they've had to know every bathroom location and wear a pad when going out. And with Empower RF treatments they have better bladder control, plus they get a better night's sleep with less waking up to rush to the bathroom. Women say they haven't been able to have sex for years due to pain and dryness, and EmpowerRF can result in better sensation and comfort with intercourse.

Minimally Invasive • Minimal to No Downtime • Finally Feeling Relief

Who could ask for more? Call to learn more today!

Minimally Invasive

No Downtime

Short Treatment Time

Customized For You

Improvement After Just One Treatment

Multiple Treatment Options

Why wait and suffer any longer?

What is MORPHEUS8V

A Game Changer in Non-surgical Feminine Rejuvenation

Morpheus8V is a revolutionary radiofrequency non-surgical procedure performed in-office that delivers pulses of energy deep into the vaginal and vulvar tissue. Morpheus8V treats deep beneath the surface improving the collagen and elastin production and increasing the strength and thickness of feminine tissue. This leads to more support, lubrication, and elasticity of the vagina and vulva.

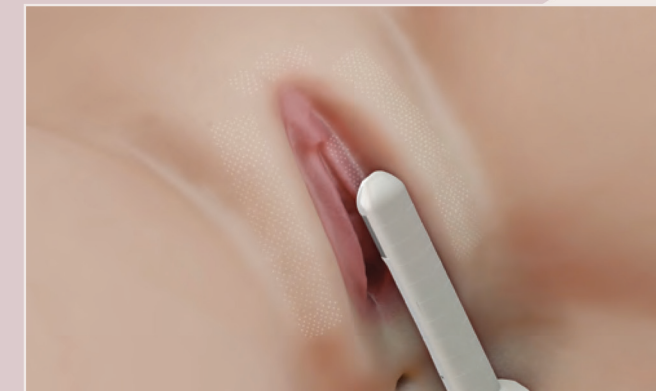
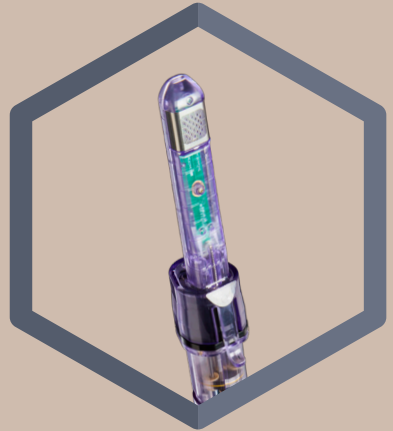
Morpheus8V helps resolve stress urinary incontinence AND urge incontinence making it the first device that can markedly improve the symptoms of mixed incontinence. Studies performed in-office, in conjunction with doctors around the world, show proven benefits for more than 90% of treated women.

This state of the art technology provides significant results for patients suffering from vaginal atrophy, stress urinary incontinence, urge incontinence, vaginal laxity, crepey and loose vulvar appearance. We are also seeing patients report improvement in lichen sclerosis, interstitial cystitis symptoms and vulvodynia.

Morpheus8V can be paired with FormaV or VTone to optimize your outcomes, as well as exosomes or creams to accelerate healing. Our providers will help you choose the custom regimen that fits your needs.

Key Benefits of Morpheus8V

- ♦ It's the only "all-in-one" treatment reported to improve: Urinary Leaking, Overactive Bladder, Sexual Enjoyment/Responsiveness, and Vaginal Atrophy/Dryness
- ♦ Comfortable and safe in-office treatment with minimal downtime
- ♦ Long lasting results, easily maintained with an annual treatment
- ♦ Improves patient confidence and quality of life without surgery or prolonged downtime
- ♦ Decreases chronic vaginal infections and UTI



Morpheus8V is a series of three, 10 minute treatments, done monthly. Microneedling delivers targeted and precise treatment.



The **Morpheus8V** probe is inserted intravaginally to deliver controlled pulses of energy that tighten soft tissue and stimulate the production of elastin and collagen.

What is FORMA V

Non-surgical Vaginal Rejuvenation

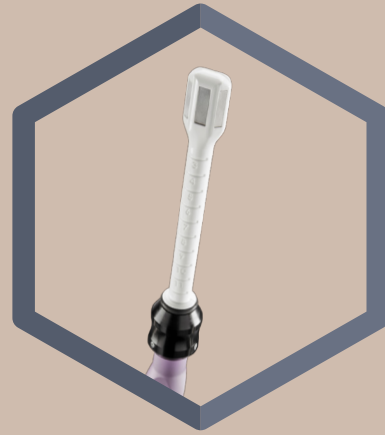
FormaV is a safe and effective treatment option to help resolve complaints like dryness, itching, laxity, urinary incontinence. FormaV delivers radiofrequency energy into the tissue with a gentle sweeping motion throughout the vagina and the vulva. This procedure safely and effectively heats the tissue which increases blood flow, collagen and elastin throughout the treated area. It feels like a warm stone massage that leaves the vaginal tissue refreshed.

By heating the tissue, FormaV markedly relieves irritating vaginal and vulvar dryness and painful intercourse. Through increasing collagen, FormaV leads to better support to the bladder and urethra which helps relieve stress urinary incontinence. This increase in tissue strength also improves the overall appearance of the vagina and vulva after childbirth and aging. By having less laxity, sensation is improved and enhances the ability to enjoy intercourse and orgasms again. Additionally, by improving the surface tissue of the vaginal canal the overall vaginal pH improves, which decreases chronic UTI, recurrent bacterial and yeast infections. With all these improvements, FormaV clearly has a high patient satisfaction!

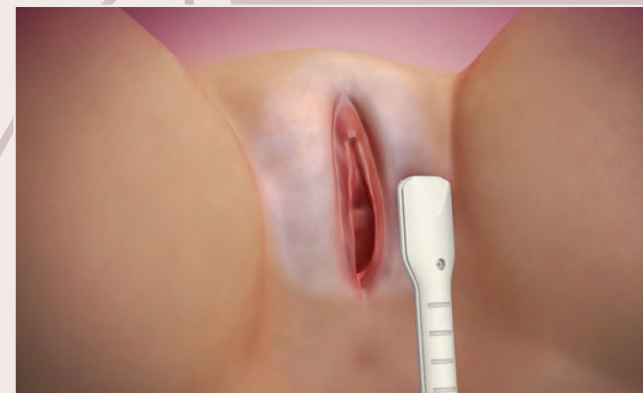
There is minimal preparation and downtime for FormaV and the treatment differs per patient. Patient plans include various combinations of the EmpowerRF platform. Our experienced providers will create a custom plan that targets your specific issues.

Key Benefits of FormaV

- ◊ Quick results with continued improvements over time with an annual maintenance treatment
- ◊ Treats: vaginal dryness, loose or stretched tissue, “sandy” feeling vagina, pain with intercourse, stress incontinence, thinning of internal and external vaginal membranes and decreased vaginal sensitivity
- ◊ Is it worth it? 94% of women on RealSelf say, “Yes!” It’s been awarded THE MOST WORTH IT treatment. There is no downtime and minimal discomfort



The **FormaV** device tip will be inserted into the vagina, where a warm sensation will be felt as the probe delivers radiofrequency comfortably.



Externally and internally, **FormaV** treats the vagina, vulva, clitoris and labia by enhancing the skin’s structure and stimulating collagen.

Treatment:
15-30 minutes each
3 treatments recommended

What is VTONE

Regain Control of Your Body & Life

Urinary incontinence is very common among women, particularly those who have experienced childbirth or pregnancy and women who are peri-menopausal or in menopause. VTone is specifically designed to strengthen the muscles associated with incontinence and is FDA-cleared to improve all types of urinary incontinence including stress urinary incontinence, urge incontinence, overflow incontinence and function incontinence.

VTone utilizes electromagnetic energy to deliver thousands of supramaximal pelvic floor muscle contractions in a single session. These contractions re-educate the muscles of incontinent patients. This gentle, effective treatment series rehabilitates a woman’s pelvic floor muscles to improve the overall quality of life.

VTone is a painless treatment that requires no anesthesia. It has no downtime or recovery period and uses no injections, medication or incisions.

The treatment is used to:

- ◊ Tighten vaginal tissue
- ◊ Strengthen Kegel muscles
- ◊ Restore vaginal muscle tone
- ◊ Increase vaginal sensitivity
- ◊ Reduce urinary concerns
- ◊ Improve sexual pleasure
- ◊ Improve appearance of lax opening after childbirth

Key Benefits of VTone

- ◊ Highly effective, non-invasive procedure administered in-office to strengthen weak pelvic floor muscles and improve urinary incontinence symptoms
- ◊ The two-sided tip inserts quickly and comfortably into the vaginal canal
- ◊ Boosts patient confidence and quality of life without surgery or prolonged downtime
- ◊ Strengthening and support you can feel



Feel Free to Exercise Again!



Feel Free to Laugh Again!



Feel Free to Play Again!



Overactive Bladder & Stress Incontinence Treatments

A Step-By-Step Guide

Before Treatment

You'll come in for a confidential consultation with one of our vaginal rejuvenation experts to assess the symptoms you're experiencing and develop a customized plan to improve your intimacy, bladder control and additional vaginal concerns.

Day Of Treatment

Most treatments need very little preparation, have no downtime, and can be performed on the same day. On the day of treatment, please arrive 10-15 minutes early to fill out any necessary paperwork.

For each treatment, allow approximately 45 minutes for VTone, 15 minutes for FormaV and 30 minutes for Morpheus8V. If Morpheus8V is recommended, topical anesthetic will be applied to make the treatment completely tolerable. It's safe for you to drive yourself to and from all of your treatments.

After Treatment

There are little to no restrictions for most EmpowerRF treatments. With Morpheus8V we recommend avoiding intercourse, pelvic exams, and tampons for at least 2-3 days and keep the area moist with Alastin Soothe + Protect Recovery Balm.

Most patients will note results after the first treatment and continued improvement after the complete series of treatments. To maintain optimal results, annual maintenance treatments are highly recommended.

Ask Us If EMPOWER RF Is Right For You

MODERN AESTHETIC
CENTERS

David W. Mobley, MD
Medical Director

St. Johns

2050 Saint Johns Parkway,
Suite 106
St Johns, FL 32259
904.526.7480

Fleming Island

4575 US 17 South,
Fleming Island, FL 32003
Suite 340
904.526.7481

Gate Parkway

11512 Lake Mead Ave,
Unit 702
Jacksonville, FL 32256
904.928.9400

macflorida.com

ENHANCE YOUR IMAGE,
IMPROVE YOUR WELLNESS

