

## **How to prevent or treat uncomfortable vaginal symptoms with MonaLisa Touch®**

On Thursday 12 August, [Mr Rowan Connell](#), Consultant Gynaecologist at Benenden Hospital, welcomed 27 participants to our [MonaLisa Touch®](#) webinar.

MonaLisa Touch® is a low powered, non-hormonal laser procedure for uncomfortable vaginal symptoms, including vaginal dryness. A small probe is placed carefully in the vagina which delivers low-power laser energy to the tissue of your vaginal wall, stimulating the production of collagen and new blood vessels and restoring the proper balance to the mucous membrane.

This condition tends to affect women who are perimenopausal or going through an early menopause between the ages of 45-60 years. It can also affect women post-pregnancy or those who have gone through breast cancer treatment.

It was first developed in Milan\* and offered more widely from 2012. Benenden Hospital started offering the treatment as a self-pay procedure in 2017.

During the webinar, Mr Connell talked about who would benefit from the MonaLisa Touch® treatment.

Mr Connell said: “This is very much an unspoken condition amongst women, and we must do more to raise awareness. This is not something to be embarrassed about and treatment is available to help women get back to enjoying their intimate relationships, particularly after menopause.

“After three MonaLisa Touch® treatments in menopausal patients, symptoms such as burning, itching, dryness, dyspareunia (or painful sex) and feelings of laxity improved by between 70% and 90%.

“MonaLisa Touch® is just one of the many [gynaecology](#) treatments on offer at Benenden Hospital. We’re experts at treating a range of gynaecological issues, sensitive to women’s health concerns and easy to talk to. We offer speedy diagnosis and treatment in one place, so you don’t have to wait and worry.”

The full webinar is now available to watch on Benenden Hospital’s website:

<https://www.benendenhospital.org.uk/treatments-services/gynaecology/monalisa-touch>

*\*Courtesy of Prof. S.Salvatore – Hospital San Raffaele, Milan (Italy)*

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