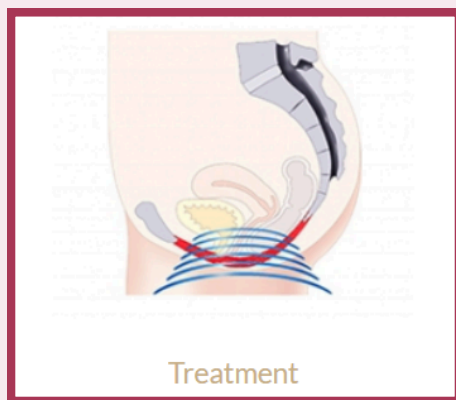


HOW IT WORKS



ABOUT US

Led by Dr. Hannah Shehata, MHA provides top-tier medical care for women. Our goal is to help women be the best version of themselves inside and out.

Our office offers gynecologic care for women of all ages. However, we recognize that female sexual health concerns are often brushed aside, especially as women get older. Therefore, MHA specializes in treating women who are in menopause and/or going through the changes of menopause. Our office offers innovative treatments for urinary leakage, loss of sexual desire, decreased sexual sensitivity, and painful sex. We also offer hormone replacement therapy.



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MHA
MURRIETA HEALTH
& Aesthetics

**PELVIC FLOOR THERAPY
MADE EASY**



Emphasizing Female Sexual Health

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WHAT IS THE KEGEL CHAIR?

The Kegel Chair uses FDA-approved technology as an alternative to traditional pelvic floor therapy. While sitting on our special chair, electromagnetic energy causes your pelvic floor muscles to contract and strengthen. After just six treatments, 95% of women report stronger pelvic floor muscles and 75% report less urinary leakage.

WHY CONSIDER OUR KEGEL CHAIR?

- Clinically proven alternative to pelvic floor therapy
- Can reverse mild to moderate urinary incontinence
- Tightens vaginal walls
- Improves intimacy
- Prevents pelvic organ prolapse
- Non-invasive
- FDA-approved technology
- Dramatic results in just three weeks
- No pain and no downtime

YOUR PELVIC FLOOR MATTERS

A strong pelvic floor:

- Supports pelvic organs
- Controls bowel and bladder function
- Maintains sexual function
- Improves core strength
- Improves posture
- Prevents pelvic pain

HOW DOES THE KEGEL CHAIR WORK?

Our Kegel Chair is a safe, non-invasive way to strengthen your pelvic floor muscles, without having to undergo time-consuming physical therapy. You will sit on the chair for 30 minutes each session while fully clothed.

Our Kegel Chair can help to reverse mild to moderate urinary incontinence, tighten the vaginal walls, prevent pelvic organ prolapse, and improve overall bladder and bowel function.



During each session, the focused electromagnetic energy will cause your pelvic floor to gently contract. This naturally and safely strengthens your pelvic floor muscles. One 30-minute session is the equal to 11,200 Kegel exercises. If you complete the recommended six sessions, it is equal to a year's worth of pelvic floor therapy.

Because the Kegel Chair causes your muscles to contract, your pelvic muscles may feel sore and fatigued, like after an intense workout, but you won't feel discomfort or pain.

WHO IS A CANDIDATE?

Women of all ages will benefit from a stronger pelvic floor. We recommend it to all women who are recovering from childbirth; suffering from urinary leakage; who want to improve their sex life by improving their pelvic squeeze; and/or who just want to keep their pelvic floor strong and healthy. Men can also use the chair to help treat urinary issues due to an enlarged prostate.

CAN ANYONE USE THE CHAIR?

While the Kegel Chair has been proven to be safe and effective for most people, not everyone can use electromagnetic technology. Women who are pregnant; have a ParaGard IUD; have metal in their hips, pelvis, and/or back; have an implanted medical device (pacemaker, neurostimulator, insulin pump, etc.); or who have active cancer cannot use the Kegel Chair. Additionally, women should wait until their period has stopped as it can temporarily increase bleeding.

HOW MANY TREATMENTS WILL I NEED?

Six sessions are needed for optimal results. You will complete two 30-minute sessions a week for three weeks. Results typically last a year. We recommend a "touch-up" treatment every 6 months to help keep your pelvic floor tight and toned.