

Womens Intimate Health

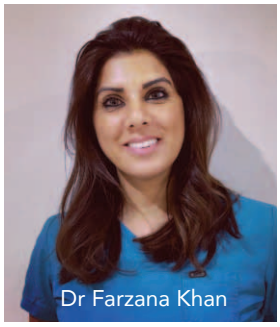
Dr Farzana Khan explains platelet rich plasma therapy and its use in sexual rejuvenation and lichen sclerosus.

Many women often suffer in silence or may not be taken seriously when discussing their intimate symptoms with medical providers. Quality of life and intimate relationships can be significantly affected. Dr Farzana is an advanced aesthetic medical practitioner with a special interest in women wellness and menopause. She offers a wide range of treatment for women intimate health including platelet rich plasma therapy (PRP) at The Harrogate Clinic in the spa-town of Yorkshire.

PRP first gained attention because of its use by many top athletes for the purpose of speeding up the healing process with joint related injuries. PRP is now widely used and recognised in the field of aesthetic medicine for rejuvenation of hair, face and the intimate areas in men and women.

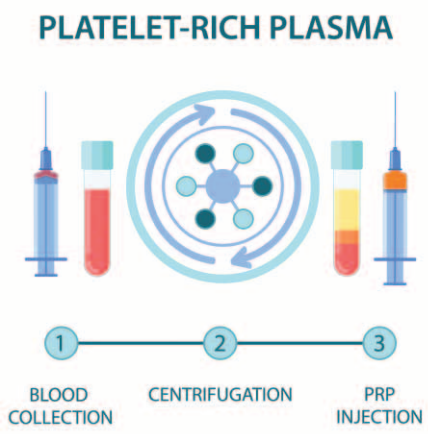
PRP is obtained by using the patient's own blood, similar to having blood drawn for a lab test. That blood is then spun in a centrifuge to separate the red blood cells from the white blood cells and platelets. The platelets are then concentrated and injected back into the patient at the site of injury or pain. PRP contains a high level of growth factors that help increase collagen production and when injected into the affected area may speed up the healing.

Women in the menopause often suffer with symptoms which include painful sex and vaginal dryness. The PRP Sexual rejuvenation also called the "O-Shot" is a drug-free, non-surgical solution that uses the patient's own platelet-rich plasma (PRP) to stimulate the natural healing process. PRP is suitable for women who are struggling with a range of vaginal issues such as painful sexual intercourse, inability to orgasm, reduced sensation, urinary incontinence, weakness of the vaginal walls and lichen sclerosus.



Dr Farzana Khan

Lichen sclerosus is a chronic inflammatory skin condition affecting the genital skin (vulva) most commonly after menopause. Symptom of vulval lichen sclerosus include severe itching and soreness. There can be a change in the appearance of the vulva with narrowing of the entrance of the vagina, which can make sexual intercourse extremely painful. The skin can be prone to tearing and severe scarring, which can interfere with urination. PRP promotes healing and regeneration in the vulval area with an overall improvement in symptoms and less painful intercourse.



Most women who have had PRP "O-shot" enjoy an increase in their sexual responses, including stronger and more frequent orgasms, decreased pain for those who suffer with painful intercourse, increased lubrication, and greater arousal sensitivity from stimulation.

Don't suffer in silence. Book a consultation with Dr Farzana to discuss your intimate health concerns or join her at our open evening on Tuesday 20 June 5.30–7.30pm.

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Benefits of PRP "O-shot":

- Younger, smoother skin of the vulva
- Decreased pain for those with dyspareunia (painful intercourse)
- Reduced vaginal dryness
- Decreased urinary incontinence
- Greater arousal from clitoral stimulation
- Lichen sclerosus improvement in symptoms