

## PROFILE

in her words

# NO CAUSE FOR PAUSE

“The years during which women typically experience menopause are full. While there is the enjoyment and confidence of attaining a new level of maturity, the responsibilities are great too. Many women come to me confused, asking, ‘What is going on with me?! My emotions are all over the place; I’m not sleeping; I can’t remember things; I have a hot flash in the middle of a meeting, and then I’m cold.’ One of the most troubling aspects for these women is that intimacy has become painful (think dryness, burning, itching), creating stress and worry in their romantic relationships.

It is my sincere privilege to come alongside my patients and care for them in this stage of life. There’s no need to suffer in silence! I utilize a holistic approach to understand each woman’s medical history, genetic predispositions and her most important treatment goals. We start with a full gynecologic evaluation, and we are fortunate to have many approaches to managing and treating the complexities of menopause. One of the tools I use to decrease pain and dryness and restore the joy of intimacy is the MonaLisa Touch Laser, a fractional CO2 laser therapy that delivers gentle laser energy to the vulva and vaginal wall tissue through small laser channels, which stimulates the production of collagen and the growth of a healthy new lining.

I have worked with lasers for 25 years and began using the MonaLisa Touch Laser during its early introduction in Europe. It is the most delicate of the current technologies available today and one of the most extensively researched, with more than 24 published articles on its efficacy. The MonaLisa Touch is an excellent choice for those women (e.g., breast cancer survivors) for whom hormonal options of menopausal therapy are limited. The laser reduces inflammation, restores the vaginal and vulvar tissue

Dr. Stepanian is honored to help women through each stage of life and has more than 25 years of experience using lasers to help her patients.



(which becomes damaged and loses elasticity with a decrease in estrogen) while increasing collagen. Natural lubrication is also significantly restored. Some women also experience an improvement in mild urinary incontinence.

An innovative approach, the procedure is performed in the office, takes five minutes, requires no anesthesia, is painless and has no downtime. Most women (80 percent) experience symptom relief after just one treatment, and optimal restoration is achieved with three treatments, which are performed six to eight weeks apart. An annual touch-up is used to maintain the improved results.

For me, it is so rewarding to see the joy of ‘being’ and intimacy restored for women. We are privileged to listen, understand and strategize the entire spectrum of their health journey. The MonaLisa Touch Laser is just one of the tools we use to support women at such special, transitional times in their lives.”