

## YOUR TREATMENT PROGRAMME

Most clients achieve optimal results with a course of 6 sessions, delivered twice weekly over three weeks.

Many people begin to notice improvements in bladder control and muscle function within the first two to three sessions, with results continuing to develop in the weeks following the completion of the programme.

A personalised treatment plan will be designed for you at your consultation.

## DELIVERED BY A CLINICAL NURSE SPECIALIST

Every Emsella treatment at Neuromed Clinic is delivered by a qualified Clinical Nurse Specialist in a fully private setting.

We understand the personal nature of these conditions and every aspect of your care – from your first consultation to your final session – is handled with complete discretion, professionalism and compassion.

## IS Emsella RIGHT FOR YOU?

Emsella is suitable for most men and women experiencing urinary incontinence, pelvic floor weakness, sexual health concerns or recovering from prostate cancer treatment. It is not suitable for everyone.

Our Clinical Nurse Specialist will carry out a full suitability assessment at your consultation before any treatment begins, ensuring your safety, comfort and the best possible outcome.

Emsella is not recommended for individuals with metal implants such as hip replacements, plates or screws in or near the treatment area, those with a cardiac pacemaker or implanted defibrillator, or those with certain heart conditions.

Please inform our team of your full medical history at your consultation so we can confirm your suitability with confidence.

## TAKE THE FIRST STEP

Speak to our Clinical Nurse Specialist today to find out if Emsella is right for you. Consultations are €50, fully redeemable against the cost of your treatment.

For more information, visit

[NEUROMEDCLINICIRELAND.IE](http://neuromedclinicireland.ie)

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### Neuromed Clinic Dublin

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# EMSELLA®

## RECLAIM CONTROL. RESTORE CONFIDENCE.

Emsella is a clinically proven, non-invasive treatment for urinary incontinence, pelvic floor weakness and sexual health – helping both men and women address some of life's most personal challenges with dignity, privacy and real results.

11,000+

CONTRACTIONS PER SESSION

95%

REPORT IMPROVEMENT

28

MINUTES

PER SESSION, NO DOWNTIME



**YOU ARE  
NOT ALONE**

Urinary incontinence affects hundreds of millions of people worldwide – yet the vast majority never seek treatment, often because of embarrassment or the belief that it is simply something to be endured.

Pelvic floor weakness, reduced sexual function and the loss of confidence that comes with these conditions are far more common than most people realise. Emsella exists to change that.

At Neuromed Clinic, we understand that these are deeply personal concerns.

Every consultation is carried out with complete discretion by our Clinical Nurse Specialist, in a private, supportive environment where you are treated with the care and respect you deserve.

**HOW Emsella WORKS**

Emsella uses High-Intensity Focused Electromagnetic (HIFEM) technology to stimulate the entire pelvic floor musculature simultaneously.

This stimulation triggers supramaximal contractions – far more powerful than anything achievable through voluntary pelvic floor exercises – rebuilding muscle strength, restoring neuromuscular control and improving the function of the bladder, bowel and sexual organs.

Each 28-minute session is delivered while you remain fully clothed, seated in the Emsella chair. No preparation is required and no recovery time is needed.

During treatment you will feel tingling sensations and intense muscle contractions – this is completely normal and the vast majority of patients describe the experience as tolerable and painless.

A single session delivers over 11,000 pelvic floor contractions – the equivalent of an intensive, targeted rehabilitation programme in under half an hour.



**WHAT TO EXPECT  
FROM EVERY SESSION**

**11,000+  
CONTRACTIONS**

Each 28-minute session delivers over 11,000 pelvic floor contractions – far beyond what any exercise programme can achieve

**NO  
DOWNTIME**

Remain fully clothed throughout – return to your normal day immediately after each session

**NON-INVASIVE**

No surgery, no anaesthetic, no internal procedures of any kind

**CLINICALLY  
PROVEN**

Extensively studied and supported by clinical evidence for both men and women



# EMSELLA FOR WOMEN

## DO ANY OF THESE SOUND FAMILIAR?

- Leaking when you laugh, cough, sneeze or exercise
- A sudden, urgent need to use the bathroom
- Reduced sensation or enjoyment during intimacy
- A feeling of heaviness or weakness in the pelvic area
- Loss of confidence in social situations or when exercising

## HOW EMSSELLA HELPS WOMEN

Pelvic floor muscles can be weakened by pregnancy and childbirth, hormonal changes during the menopause, ageing, or simply through years of insufficient strengthening.

Emsella rebuilds this foundation, addressing the underlying muscle weakness that causes incontinence and reduced sexual function rather than simply managing the symptoms.

THESE ARE NOT THINGS YOU  
SIMPLY HAVE TO LIVE WITH.

PELVIC FLOOR WEAKNESS  
IS A TREATABLE MEDICAL  
CONDITION - AND EMSSELLA  
IS ONE OF THE MOST  
EFFECTIVE NON-INVASIVE  
OPTIONS AVAILABLE.

## KEY BENEFITS

### URINARY INCONTINENCE

Significantly reduces stress, urge and mixed incontinence symptoms

### PELVIC FLOOR STRENGTH

Rebuilds muscle tone lost through childbirth, hormonal changes or ageing

### SEXUAL WELLNESS

Improves sensation, arousal and comfort by restoring pelvic floor function

### CONFIDENCE & FREEDOM

Reduces the anxiety and limitations that incontinence creates in daily life



# EMSELLA FOR MEN

## DO ANY OF THESE SOUND FAMILIAR?

- Urinary leakage or urgency
- Difficulty controlling your bladder following prostate treatment
- Reduced sexual function or confidence
- Weakened pelvic floor following surgery or radiotherapy
- A gradual loss of bladder control that is affecting your quality of life

THESE EXPERIENCES ARE MORE COMMON IN MEN THAN IS WIDELY ACKNOWLEDGED - AND THEY ARE TREATABLE.

EMSELLA OFFERS A DISCREET, CLINICALLY SUPPORTED PATH TO RECOVERY.

## HOW EMSSELLA HELPS MEN

Pelvic floor health is just as important in men as in women.

Emsella is particularly effective for men experiencing urinary incontinence following prostate cancer surgery or radiotherapy, where the pelvic floor muscles are often significantly weakened as a result of treatment.

Beyond incontinence, Emsella has a meaningful role in male sexual health. By strengthening the pelvic floor and improving circulation to the pelvic region through a process known as neovascularisation, it can support improved erectile function and overall sexual wellness.

Many men report a positive impact on confidence and quality of life as both bladder control and sexual function improve over the course of their treatment programme.

## URINARY INCONTINENCE

Effectively treats stress, urge and overflow incontinence, including leakage following prostate surgery

## ERECTILE DYSFUNCTION

Supports improved erectile function by strengthening the pelvic floor and improving circulation to the pelvic region

## SEXUAL WELLNESS

Improved pelvic floor strength and neuromuscular control can have a positive impact on sexual function and confidence

## POST-PROSTATE CANCER RECOVERY

Directly targets the pelvic floor weakness caused by prostatectomy or radiotherapy, supporting bladder control and recovery

## EMSELLA FOLLOWING PROSTATE CANCER TREATMENT

Urinary incontinence and sexual dysfunction are among the most commonly reported side effects following prostate cancer surgery (radical prostatectomy) or radiotherapy.

For many men, these effects have a profound impact on quality of life, relationships and emotional wellbeing - yet they are often under-discussed and under-treated.

Emsella offers a non-invasive, drug-free rehabilitation option that directly targets the pelvic floor muscles affected by prostate treatment.

By rebuilding muscle strength and neuromuscular control, it can significantly reduce urinary leakage and support recovery of sexual function as part of a broader rehabilitation plan.

Our Clinical Nurse Specialist will work with you to design a programme tailored to your specific stage of recovery.

