



LIFE CHANGING
WOMEN'S WELLNESS



EMPOWER RF

INNOVATIVE FEMININE REJUVENATION



ADVANCED
WOMEN'S CARE
OF THE LOWCOUNTRY

THE REJUVENATION DOCS



**TRACY BLUSEWICZ, MD, FACOG, DABOM
& KATHERINE COLEY, MD, FACOG**

Feminine wellness expert Dr. Tracy Blusewicz is an international speaker and a top trainer for the EmpowerRF device, helping to launch it across the globe. She is also the co-author of the Empower trilogy—the world’s most comprehensive and authoritative text on EmpowerRF.

As experts in the field, Dr. Blusewicz and Dr. Coley are on the front lines of this innovative, life-changing therapy and are excited to see how it can make a profound difference in their patients’ lives.

Recognized by Inmode as two of the leading vaginal rejuvenation experts, Dr. Blusewicz and Dr. Coley are ready to create a customized treatment plan for you.

EMPOWER^{RF} OFFERS SAFE AND EFFECTIVE TREATMENTS

DO YOU SUFFER FROM?

- ☐ Vaginal Dryness (Vaginal Atrophy)
- ☐ Stress Urinary Incontinence (SUI)—Leaking with Coughing, Laughing, or Sneezing
- ☐ Urge Incontinence—Leaking When You See the Bathroom
- ☐ Overactive Bladder or Urinary Frequency
- ☐ Interrupted Sleep from Multiple Trips to the Bathroom
- ☐ Painful Intercourse
- ☐ Chronic UTI
- ☐ Recurrent Vaginal Infections (Yeast or Bacterial)
- ☐ Lichen Sclerosis
- ☐ Vaginal Laxity
- ☐ Pelvic Floor Weakness
- ☐ Decreased Vaginal Sensation or Decreased Ability to Achieve Orgasm
- ☐ Vulvar/Vaginal Pain
- ☐ Episiotomy Pain
- ☐ Labial Laxity or Crepey Vulvar Skin or Labia
- ☐ Displeasure in Vaginal/Vulvar Appearance

Did you check even one of the above?

If so, then you could be a candidate for EmpowerRF treatments. Read on to learn about this innovative technology that could make significant improvements and a real difference in your quality of life. Learn how we can customize a plan for you.



*Dr. Coley and I have
both personally benefited
from EmpowerRF—
it's a game changer.
After giving birth to twins,
I leaked for nearly 14 years
and with the help
of EmpowerRF,
I am pad and leak free!
Take back your
life with
EmpowerRF!
-Tracy Blusewicz, MD*

YOU'RE NOT ALONE— THE STATISTICS

Stress Urinary Incontinence (SUI) Statistics:

- Approximately, 1 out of 3 women over the age of 45, and 1 out of every 2 women over 65 have stress urinary incontinence.
- Urinary incontinence increases with age.
Over half of women with SUI also have Overactive Bladder.

Overactive Bladder (OAB) Statistics:

- OAB affects an estimated 33 million people in the U.S.
Half of these people are struggling with Urgency Urinary Incontinence, when leakage actually occurs.
- Nocturia is quite common among women. Studies and surveys have found that 76% of women over age 40 report getting up to go to the bathroom at least once per night.
About one-third of adults over age 30 make two or more nightly bathroom trips.
- Contrary to what many people think, overactive bladder is NOT a normal part of getting older, and isn't something you should think you have to live with.
It's a real medical condition that deserves treatment.

Sexual Dysfunction Statistics:

- A recent study found that some form of female sexual dysfunction was reported in 58% of mothers one year after childbirth. The main complaints included insufficient lubrication, abnormal vaginal sensation, vaginal laxity, vaginal tightness, pain with intercourse and incontinence during intercourse.
- For 1 in 10 women, sex hurts—every time. A new study, which surveyed nearly 7,000 British women ages 16 to 74, found that women in their late 50s and early 60s were most likely to experience pain during sex, followed by women ages 16 to 24.

Sources: *The National Association for Continence, Urology Care Foundation, US National Library of Medicine, DOI.org*

EMPOWERING LIFE-CHANGING THERAPIES FOR



EMPOWER^{RF} CAN HELP.

Many women, different problems...ONE SOLUTION.



The EmpowerRF Experience.

WOMEN'S WELLNESS, REDEFINED

by Tracy Blusewicz, MD, FACOG, DABOMB
and Katherine Coley, MD, FACOG,
Women's Rejuvenation Experts

The innovative EmpowerRF device is beneficial for essentially every woman! Safe and effective, EmpowerRF delivers life-changing technologies for women's wellness—treating a broad range of conditions such as urinary incontinence, vaginal dryness and pain, weak pelvic floor muscles, decreased sensation and so much more.

This state-of-the-art technology uses a combination of radiofrequency (RF) and electrical muscle stimulation (EMS) to help you regain your self-confidence and improve quality of life.

Any woman with vaginal dryness, pain with intercourse, stress urinary incontinence, overactive bladder, vaginal laxity, chronic vaginal infections or lichen sclerosis is an excellent candidate for treatment. It can also benefit women desiring an improved appearance and after weightloss, child birth or hormonal changes.

It offers improvement for women (and their partners) desiring a boost in sensation with intercourse. Plus, it replaces sagging or crepey skin with a more youthful, better-toned tissue—a definite self-confidence boost!

Treatment options include:

- **FormaV** – Overall vaginal rejuvenation and bladder control for dryness and moderate incontinence.
- **VTone** – Muscle stimulation and pelvic floor strengthening— better than Kegels. It's like doing thousands of Kegel exercises in one VTone session!
- **Morpheus8V** – Tightens tissue, enhances sensitivity, and boosts natural collagen and relieves issues like dryness or incontinence.
- **O-Shot + Clitoxin Combo** – rejuvenates vaginal and clitoral tissue while relaxing overactive clitoral muscles, enhancing arousal, sensitivity, and orgasm for greater intimacy and confidence.
- **AVIVA** – The scarless, nonsurgical labiaplasty for enhanced aesthetic, functionality and sensation.
- **BHRT** – Hormone balancing with pellet therapy, troches or cream. Helps make the most of your EmpowerRF results.

EmpowerRF patients are some of the happiest in our gynecology practice! Many women once planned outings around bathroom locations or relied on pads, but after treatment they enjoy better bladder control and more restful sleep without constant nighttime trips to the bathroom. For women who struggled with pain and dryness that made intimacy impossible for years, EmpowerRF can restore comfort, sensation, and the ability to enjoy intercourse again.

Minimally Invasive ✓ Minimal to No Downtime ✓ Finally Feeling Relief ✓
Who could ask for more? Call to learn more today!

The vaginal health experts, Tracy Blusewicz, MD, FACOG, DABOMB and Katherine Coley, MD, FACOG, can be contacted at Advanced Women's Care at 843-301-0718 for a consultation.

**Minimally
Invasive**

**No
Downtime**

**Short
Treatment
Time**

**Customized
For You**

**Improvement
After Just One
Treatment**

**Multiple
Treatment
Options**

**Why wait
and suffer
any longer?**

WHAT IS MORPHEUS8V

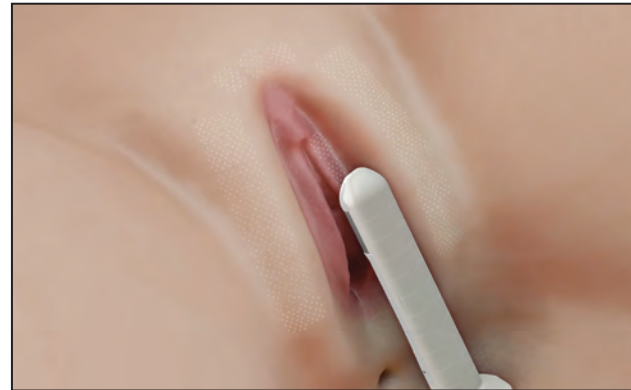
A Game Changer in Non-surgical Feminine Rejuvenation

Morpheus8V is a revolutionary radiofrequency non-surgical procedure performed in-office that delivers pulses of energy deep into the vaginal and vulvar tissue. Morpheus8V treats deep beneath the surface improving the collagen and elastin production and increasing the strength and thickness of feminine tissue. This leads to more support, lubrication, and elasticity of the vagina and vulva.

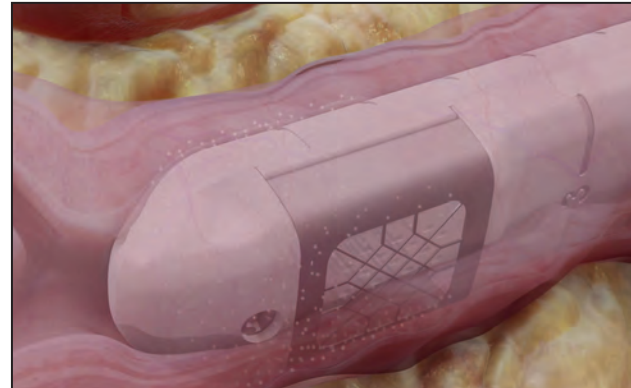
Morpheus8V helps resolve stress urinary incontinence AND urge incontinence making it the first device that can markedly improve the symptoms of mixed incontinence. Studies performed in our office, in conjunction with doctors around the world, show proven benefits for more than 90% of treated women.

This state of the art technology provides significant results for patients suffering from vaginal atrophy, stress urinary incontinence, urge incontinence, vaginal laxity, crepey and loose vulvar appearance. We are also seeing patients report improvement in lichen sclerosis, interstitial cystitis symptoms and vulvadynia.

Morpheus8V can be paired with FormaV or VTone to optimize your outcomes, as well as exosomes or creams to accelerate healing. Our providers will help you choose the custom regimen that fits your needs.



Morpheus8V is a series of three quick 10-minute monthly treatments. Microneedling delivers targeted and precise treatment.



The **Morpheus8V** probe is inserted intravaginally to deliver controlled pulses of energy that tighten soft tissue and stimulate the production of elastin and collagen.

KEY BENEFITS OF MORPHEUS8V

- It's the only multi-faceted treatment reported to improve: Urinary Leaking, Overactive Bladder, Sexual Enjoyment/Responsiveness, and Vaginal Atrophy/Dryness
- Comfortable and safe, non-surgical in-office treatment with minimal downtime
- Long lasting results, easily maintained with an annual treatment
- Improves patient confidence and quality of life significantly
- Decreases chronic vaginal infections and UTI

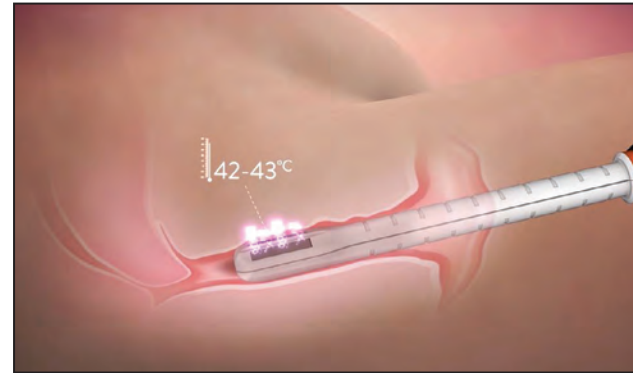
NON-SURGICAL VAGINAL REJUVENATION

WHAT IS FORMAV

FormaV is a safe and effective treatment option to help resolve complaints like dryness, itching, laxity, urinary incontinence. FormaV delivers radiofrequency energy into the tissue with a gentle sweeping motion throughout the vagina and the vulva. This procedure safely and effectively heats the tissue which increases blood flow, collagen and elastin throughout the treated area. It feels like a warm stone massage that leaves the vaginal tissue refreshed.

By heating the tissue, FormaV markedly relieves irritating vaginal and vulvar dryness and painful intercourse. Through increasing collagen, FormaV leads to better support to the bladder and urethra which helps relieve stress urinary incontinence. This increase in tissue strength also improves the overall appearance of the vagina and vulva after childbirth and aging. By having less laxity, sensation is improved and enhances the ability to enjoy intercourse and orgasms again. Additionally, by improving the surface tissue of the vaginal canal the overall vaginal pH improves, which decreases chronic UTI, recurrent bacterial and yeast infections. With all these improvements, FormaV clearly has a high patient satisfaction!

There is minimal preparation and downtime for FormaV and the treatment differs per patient. Patient plans include various combinations of the EmpowerRF platform. Our experienced providers will create a custom plan that targets your specific issues.



The **FormaV** device tip will be inserted into the vagina, where a warm sensation will be felt as the probe delivers radiofrequency comfortably.



Externally and internally, **FormaV** treats the vagina, vulva, clitoris and labia by enhancing the skin's structure and stimulating collagen.

Treatment:
15-30 minutes each
3 treatments recommended



KEY BENEFITS OF FORMAV

- Quick results with continued improvements over time when maintained with an annual treatment
- Treats: vaginal dryness, loose or stretched tissue, "sandy" feeling vagina, pain with intercourse, stress incontinence, thinning of internal and external vaginal membranes and decreased vaginal sensitivity
- Is it worth it? 94% of women on RealSelf say, "Yes!" It's been awarded THE MOST WORTH IT treatment. There is no downtime and minimal discomfort

WHAT IS VTONE

Urinary incontinence is very common among women, particularly those who have experienced childbirth or pregnancy and women who are peri-menopausal or in menopause. VTone is specifically designed to strengthen the muscles associated with incontinence and is FDA-cleared to improve all types of urinary incontinence including stress urinary incontinence, urge incontinence, overflow incontinence and function incontinence.

VTone utilizes electromagnetic energy to deliver thousands of supramaximal pelvic floor muscle contractions in a single session. These contractions re-educate the muscles of incontinent patients. This gentle, effective treatment series rehabilitates a woman's pelvic floor muscles to improve the overall quality of life.

VTone is a painless treatment that requires no anesthesia. It has no downtime or recovery period and uses no injections, medication or incisions.

The treatment is used to:

- Tightens vaginal tissues
- Strengthens pelvic floor muscles
- Reduces urinary leaking
- Improves appearance of vaginal muscle tone
- Increases vaginal sensitivity, improving sexual pleasure
- Restores appearance of lax opening after childbirth, hormone changes and aging

KEY BENEFITS OF VTONE

- Highly effective, non-invasive procedure performed in-office to strengthen weak pelvic floor muscles and improve urinary incontinence symptoms
- The two-sided tip inserts quickly and comfortably into the vaginal canal
- Boosts patient confidence and quality of life without surgery or prolonged downtime
- Strengthening and support you can feel

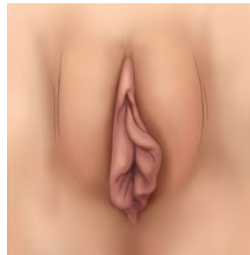


WHAT IS AVIVA

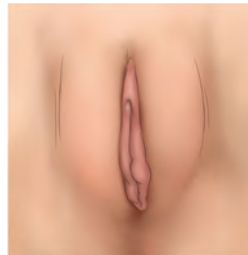
AVIVA offers a minimally invasive, non-surgical alternative to labiaplasty. At Advanced Women's Care of the Lowcountry, AVIVA treatments can be transformative for women seeking to improve the appearance of their genital area or alleviate discomfort."

Many women experience concerns about the appearance or comfort of their labia, whether due to natural variations, aging, or changes following childbirth. These issues can significantly impact a woman's self-image, confidence, and overall well-being. Discomfort may also arise during exercise, intercourse, or while wearing certain clothing.

Dr. Tracy Blusewicz, a respected AVIVA trainer, along with Dr. Katherine Coley offer this minimally invasive treatment in-office as an effective solution for women seeking a non-surgical alternative to labiaplasty.



Before Treatment



4 Months Post-Treatment

KEY BENEFITS OF AVIVA

- Non-surgical alternative to traditional labiaplasty with no stitches, scarring or lengthy downtime.
- Tightening and sculpting after weight loss
- Improves clitoral stimulation
- Reduces the amount of recurrent vaginitis
- Tightens the labia minora, labia majora, clitoral hood and mons pubis
- Tightens the vaginal opening for improved sensation with intercourse



OVERACTIVE BLADDER & STRESS INCONTINENCE TREATMENTS



FEEL FREE TO EXERCISE AGAIN!



FEEL
FREE TO
PLAY
AGAIN!



FEEL FREE TO LAUGH AGAIN!

A STEP-BY-STEP GUIDE

BEFORE TREATMENT

- Schedule a confidential consultation with one of our vaginal rejuvenation experts.
- Discuss your symptoms and goals related to intimacy, bladder control, and other vaginal concerns.
- Receive a customized treatment plan tailored to your needs.

DAY OF TREATMENT

- Arrive 10–15 minutes early to complete any necessary paperwork.
- Expect minimal preparation and no downtime for most treatments.
- Treatments are safe and comfortable—you may drive yourself to and from your appointment.

Treatment times: VTone: ~45 minutes, FormaV: ~15 minutes, Morpheus8V: ~30 minutes (with topical anesthetic applied for comfort)

AFTER TREATMENT

- Most EmpowerRF treatments have few to no restrictions.
- For Morpheus8V specifically: Avoid intercourse, pelvic exams, and tampons for 2–3 days.
- Keep the area moisturized with Alastin Soothe + Protect Recovery Balm.
- Many patients notice improvements after the first session, with greater results after completing the recommended series.
- For long-lasting benefits, annual maintenance treatments are encouraged.

WHAT IS THE O-SHOT & CLITOXIN?

The O-Shot® has long been recognized as a breakthrough treatment for women seeking to restore sexual function, improve arousal, and reclaim confidence. By using platelet-rich plasma (PRP) drawn from your own blood, the O-Shot® stimulates natural tissue repair and growth in the vaginal and clitoral regions. This regenerative approach can help enhance sensitivity, lubrication, and overall sexual satisfaction with little to no downtime.

Targeted Relief with Clitoxin®

Clitoxin® takes this rejuvenation a step further by addressing overactive clitoral muscles. With tiny, precise doses of botulinum toxin (like Botox®, Xeomin®, or Daxxify®), Clitoxin® relaxes these muscles to reduce discomfort, improve responsiveness, and help women achieve arousal more easily. The treatment is fast, minimally invasive, and highly targeted, offering relief to women who may have struggled with sensitivity or difficulty reaching climax.

The Power of a Combined Approach—The O-Shot® and Clitoxin®

When paired together, the O-Shot® and Clitoxin® create a powerful synergy. PRP promotes healing and nerve growth, while Clitoxin® fine-tunes clitoral muscle activity for optimal function. This dual approach not only enhances physical sensation, but also helps restore confidence and emotional connection in intimate relationships. For women experiencing age-related changes, postpartum shifts, or hormone-related sexual dysfunction, this combination represents a safe, innovative pathway to more fulfilling intimacy.

KEY BENEFITS OF THE O-SHOT & CLITOXIN COMBO

- Increases vaginal and clitoral sensitivity
- Enhances natural lubrication and arousal
- Reduces discomfort from overactive clitoral muscles
- Improves ability to achieve orgasm and sexual satisfaction
- Provides a non-surgical, in-office solution with minimal downtime
- Boosts confidence and overall intimate wellness

Also Available: The P-Shot for Him!

Helps him stand stronger and firmer, while improving sexual stamina and overall blood flow.

Disclaimer: The information in this brochure is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or another qualified healthcare provider with any questions you may have regarding any medical condition. Do not disregard professional medical advice or delay in seeking it because of something you have read in this brochure.

Tracy Blusewicz, MD, Medical Director



ASK US IF
EMPOWER RF
IS RIGHT FOR YOU

TRACY BLUSEWICZ, MD, FACOG | KATHERINE COLEY, MD, FACOG



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