

e-book

empowerment
of the perineum with

HIPEX

By *Mucio Porto*



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Introduction

empowerment of the perineum with Hipex.

Hello! I'm Dr. Múcio Porto, plastic surgeon, and I am very happy to talk about such an important topic for women: the empowerment of the perineum.

The perineum is a very important region of the female body, as it is related to sexual function, childbirth and urinary continence.

Therefore, it is essential to take good care of it and

keep you healthy. In this ebook, I'm going to talk about

the musculature of the perineum, the treatments that can be carried out to strengthen it and

avoid problems such as loss of urine, in addition to explaining how aesthetic gynecology can help improve the self-esteem and quality of women's lives.

So if you want to

feel more confident and empowered,

keep reading and find out

all about Hipex, the

revolutionary treatment

that can change your life!

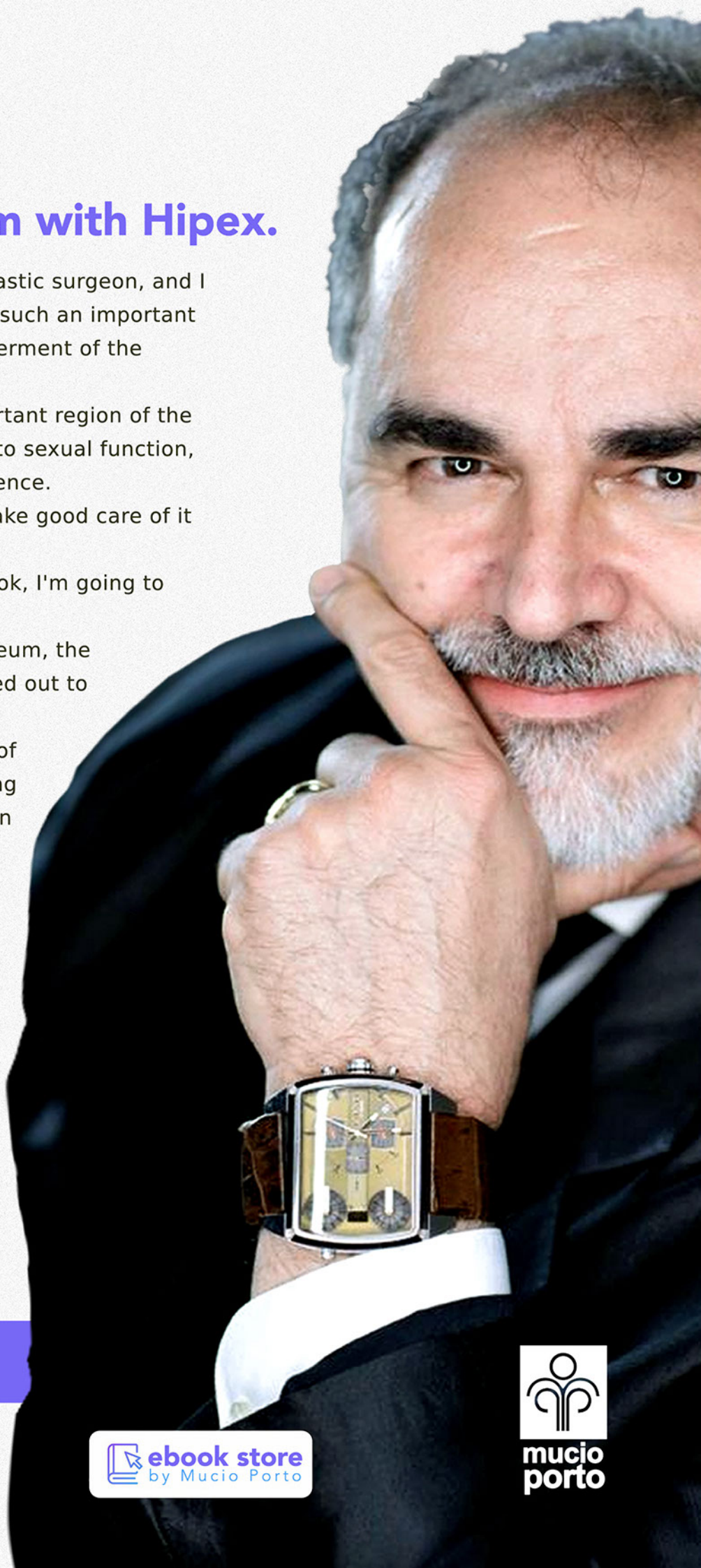
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The empowerment of the perineum with Hipex.

What is the perineum and why is it important?



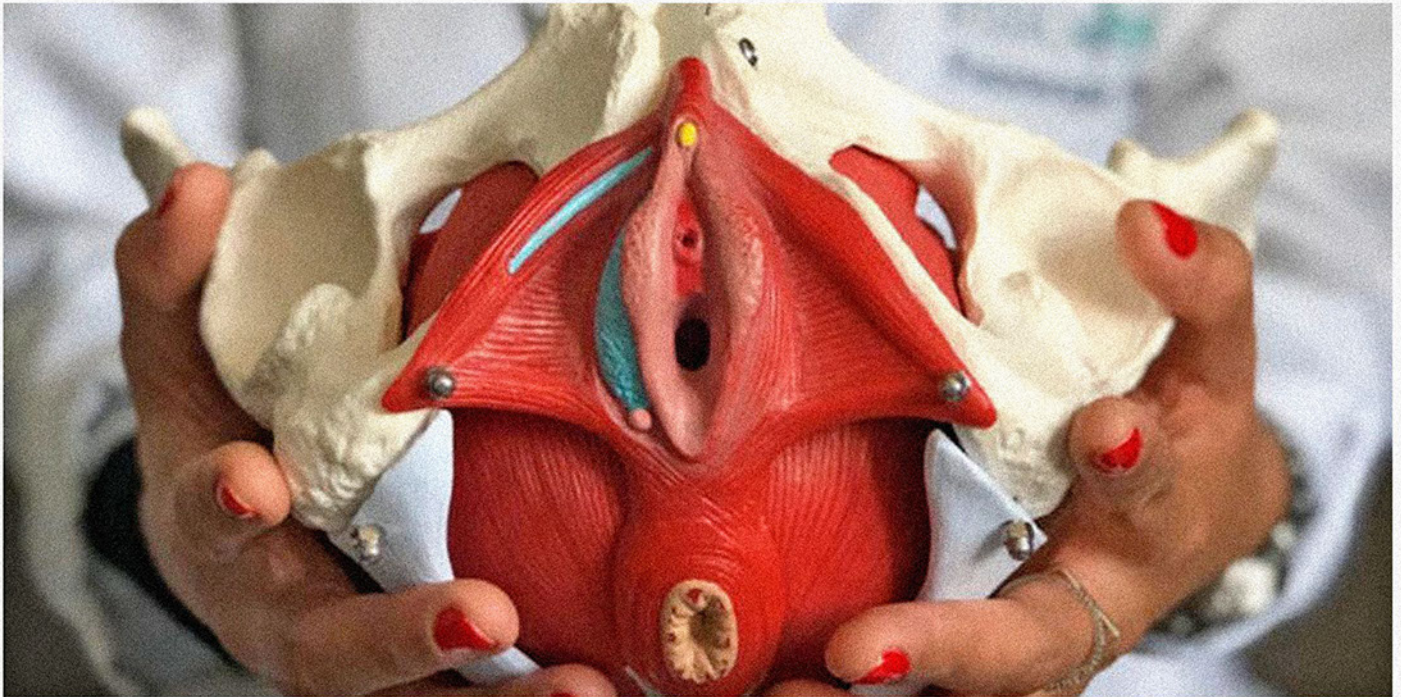
The perineum is the region located between the vulva and the anus. It is made up of muscles, ligaments and tissues that support pelvic organs such as the bladder, uterus and rectum.

This region is fundamental for sexual function, as it is responsible for the feeling of pleasure during orgasm. In addition, the perineum is essential during childbirth, as the muscles in this area help push the baby out of the birth canal.

Finally, the perineum is also directly related to urinary continence, that is, the ability to control the output of urine. When the muscles in this area become weak, leakage of urine can occur, which is known as urinary incontinence.

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How does the musculature of the perineum work?



The musculature of the perineum is formed by three layers of muscles: the superficial muscles, the middle muscles and the deep muscles.

The superficial muscles are responsible for supporting the vulva and anus, as well as helping to close the vagina. The middle muscles are located deeper and are responsible for controlling the outflow of urine and stool. The deep muscles are responsible for supporting the uterus and bladder.

All of these muscles are important for the health and function of the perineum. When they are strong and healthy, they help prevent problems like urinary incontinence and pelvic organ prolapse.

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What treatments is strengthening the perineum indicated for?

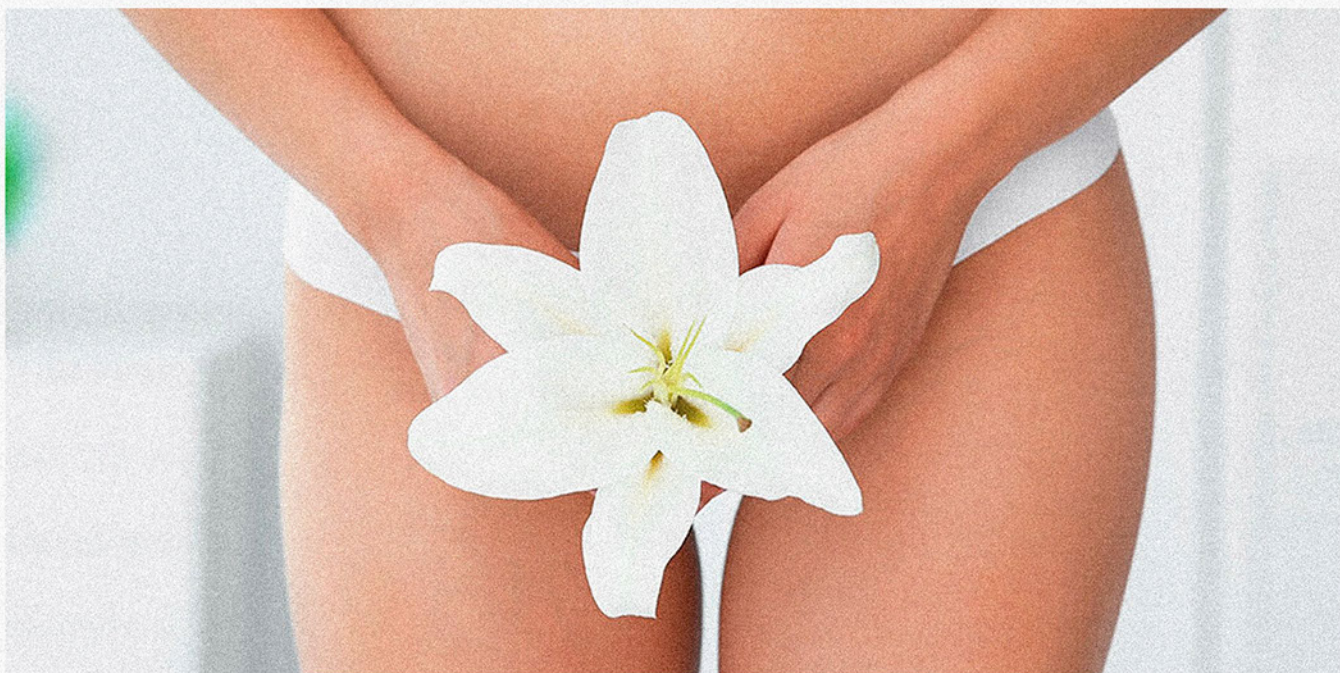


Strengthening the muscles of the perineum is indicated to prevent and treat various problems related to female health. Among the main treatments are:

- **Prevention of urinary incontinence:** When the muscles of the perineum are strong, it is possible to better control the output of urine and prevent urinary incontinence.
- **Treatment of urinary incontinence:** When urinary incontinence is already installed, strengthening the perineum can help reduce symptoms and improve the patient's quality of life.
- **Childbirth Preparation:** Strengthening the perineum can help prepare the muscles for childbirth, reducing the chance of injury and speeding recovery.
- **Improved sexual function:** When the perineal muscles are strong, it is possible to improve the feeling of pleasure during sex and prevent problems such as female erectile dysfunction.
- **Treatment of pelvic organ prolapse:** Strengthening the perineum may also be indicated to treat pelvic organ prolapse, which is when the pelvic organs start to move out of the pelvis.

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What is aesthetic gynecology?

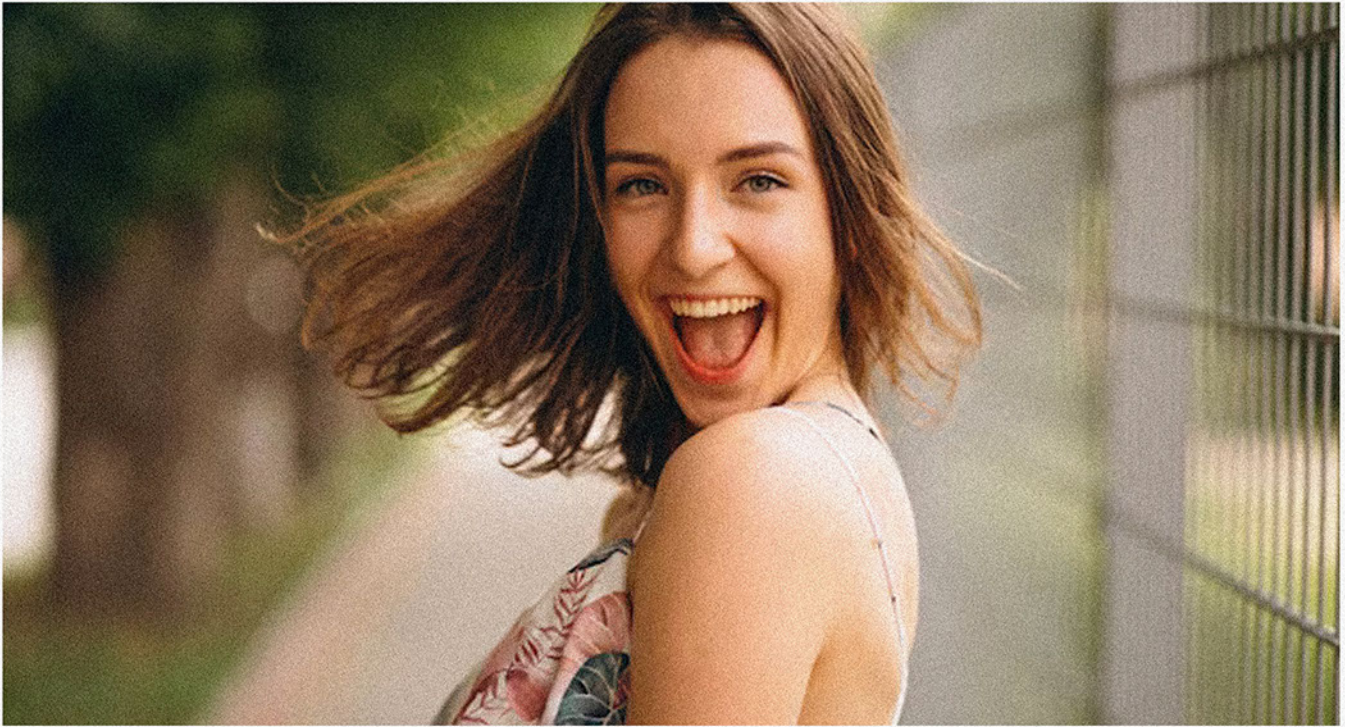


Aesthetic gynecology is a specialty that aims to improve the appearance and function of the female genital region. Among the treatments performed in the area are labioplasty, vaginoplasty and genital whitening.

These treatments aim to improve women's self-esteem and quality of life, in addition to treating problems such as dyspareunia, which is pain during sex, and urinary incontinence.

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How can aesthetic gynecology help empower the perineum?



Aesthetic gynecology can be an important ally in empowering the perineum, as it helps to improve the appearance and function of the female genital region.

In addition, aesthetic gynecology can help treat problems such as urinary incontinence and dyspareunia, which can affect women's self-esteem and quality of life.

When a woman feels good about herself and her sexuality, she becomes more confident and empowered, which can bring benefits to all areas of her life.

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What is Hipex?



HIPEX™, the CMSLIM chair that treats the pelvic floor!

The HIPEX™ system? (High Intensity Pelvic Exercise), which allows the patient more strength, more autonomy and quality of life by strengthening the pelvic floor, impacting physical and mental well-being.

A non-invasive treatment for strengthening the muscles of the perineum. It uses shock wave technology to stimulate muscles and improve their function.

The treatment is quick and painless, and can be performed at any time of the year. It is indicated for women who wish to strengthen the muscles of the perineum in a safe and effective way.

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How is Hipex performed?



Hipex is performed in a doctor's office by a qualified professional. The treatment is quick and painless, and does not require any type of anesthesia.

During the session, the professional applies shock waves to the perineum region, stimulating the muscles and improving their function. The number of sessions may vary depending on the case, but generally between four and six sessions are required to obtain satisfactory results.

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What are the benefits of Hipex?



Hipex brings several benefits to women who want to strengthen the muscles of the perineum. Among the main benefits they are:

Improvement of urinary incontinence: Strengthening the perineum can help reduce the loss of urine caused by muscle sagging.

Improved sexual function: Strengthening the perineum can improve the feeling of pleasure during sex and prevent problems such as female erectile dysfunction.

Prevention of pelvic organ prolapse: Strengthening the perineum can help prevent displacement of the pelvic organs out of the pelvis.

Improved self-esteem: When a woman feels good about herself and her sexuality, she can improve her self-esteem and become more confident and empowered.

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Improve your health and self-esteem with Hipex.



Perineal empowerment is important for women's health and well-being. The perineal musculature can be strengthened in several ways, including specific exercises, physiotherapy and aesthetic treatments.

Urinary incontinence, female erectile dysfunction and pelvic organ prolapse are problems that can affect women's quality of life, but can be treated by strengthening the perineum.

Hipex is a non-invasive and effective treatment for strengthening the muscles of the perineum, which can bring many benefits to women who wish to improve their health and self-esteem.

It is important for women to talk to a qualified professional to find out the best way to strengthen their perineum and prevent health problems that could affect their quality of life.