



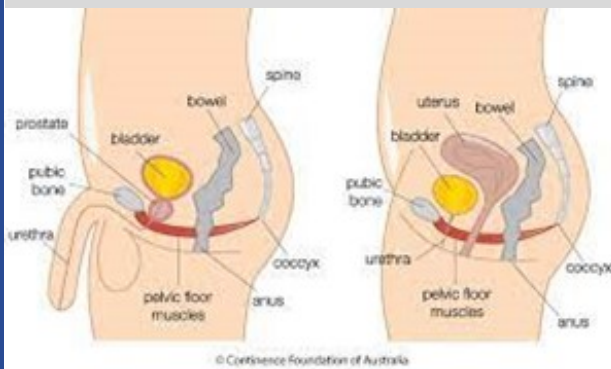
Greetings!

## Speaking of Mindful Wellness...

- Thank you Rebekah Slafka PT, DPT, PRPC for the wonderful article about how physical therapy can help Pelvic Floor Dysfunction.
- Check out the Breast Care Corner - Is your Sunscreen Causing Breast Cancer?
- It's not too early to start thinking about Breast Health Awareness. Let us know if you'd like to schedule a hostess presentation during September or October.

Yours in health & Wellness,  
Jacky

## Pelvic Floor Physical Therapy



<https://www.continence.org.au/about-continenace/continence-health/pelvic-floor>

### Pelvic Floor Dysfunction

By Rebekah Slafka PT, DPT, PRPC

Pelvic floor dysfunction can present itself in a myriad of ways. Most common dysfunctions are urinary incontinence, bowel dysfunction, and pelvic pain. The pelvic floor is a “sling” of muscles that span from your pubic bone in front to your tailbone in back. Tight or weak muscles in the pelvic floor can cause these common dysfunctions. We have all heard that women will leak after having children or that intercourse can be painful. This is simply not true! Leakage or pain of any kind is not normal and should be treated. In addition, constipation and difficulty passing bowel movements are also not normal.

Pelvic floor Physical therapy is a conservative way to combat and treat these dysfunctions that are very common. Pelvic floor Physical Therapists (PT) can treat both men and women varying from young to old. Sometimes partnering with a urologist, GI, or urogynecologist is necessary for medical management to augment physical therapy. This type of physical therapy can benefit all age groups, since the pelvic floor can develop dysfunction due to hormone changes, surgeries, or traumas. The focus on treatment is to address the muscular

dysfunction and strengthen to prevent the dysfunction from coming back.

Depending on the patient's diagnosis, will guide the PT in the first evaluation. The first visit is a lot of discussion and question and answer. This helps the PT determine the cause and best course of action. Usually the physical exam includes an external evaluation of hips, low back, and abdomen. An internal vaginal or rectal exam is also usually conducted so that the PT can feel what the muscles of the pelvic floor are doing. Think if you were having neck pain. You would want your PT to look at and feel your neck before giving you a home exercise program.

Patients can come to physical therapy without a physician referral, but it is always a good idea to have a doctor send a referral over to make sure that insurance will cover these visits. Most patients are seen between 1-2 times per week for generally 6-12 weeks.

A more specific lists of diagnoses that a pelvic floor PT can treat the symptoms are: urinary incontinence, urinary frequency/urgency, pain with intercourse, constipation, pain with bowel movements, pain with urination, Endometriosis, enlarged prostate symptoms, erectile dysfunction, interstitial cystitis, IBS, and many more!

Everyone can benefit from a pelvic floor exam at least once in their lifetime, especially when having symptoms. Some ways to prevent pelvic floor dysfunction at home now include using a squatty potty with toileting, having a regular exercise program including yoga and Pilates elements, as well as good stress management strategies. Drinking plenty of water (40- 80 oz), limiting caffeine intake and practicing holding your urine for at minimum 2 hours are also a great start!

Rebekah Slafka PT, DPT, PRPC, is a local pelvic floor physical therapist in the Cincinnati/ Dayton area. She has specialized in pelvic floor PT for over 4 years and has her specialty certification as well as being distinguished as an Endometriosis Physical Therapist. She loves all things pelvic floor and has a passion for helping her patients feel better. She currently works at TriHealth at Arrow Springs in Lebanon and is also an adjunct professor at a local physical therapy program.

To schedule an appointment with Rebekah, please call (513) 282- 7150 or email

questions to  
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<https://pelvicpainrehab.com/>

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## Upcoming Events

We are working with our lab locations to offer scans and keep everyone healthy.

### Mobile Thermography Scans...

Please contact Robin Hanson-Gobell directly to schedule your scan at a convenient location near you.

**513-443-5161**

Integrative Hormone Center & Pharmacy ~  
Centerville Office

True2Form Chiropractic - West Chester, OH

Covenant Natural Healthcare - Florence, KY

Fully Alive Chiropractic - Springboro, OH

Advanced Chiropractic & Nutrition - Eastgate, OH

Versailles Medical Massage - Versailles, OH

Children's Family Chiropractic - Fort Wright, KY

Click to find out how to schedule at  
one of our mobile locations!

Check out the map! We're bringing thermography  
to a location near your.



Its never too early to focus on your health, especially your Breast Health. Let us know if you'd like to schedule a presentation during September or October to learn more about thermography, stress reduction and how fueling your body with healthy foods can help improve your health. A thermography scan will show you areas of focus.

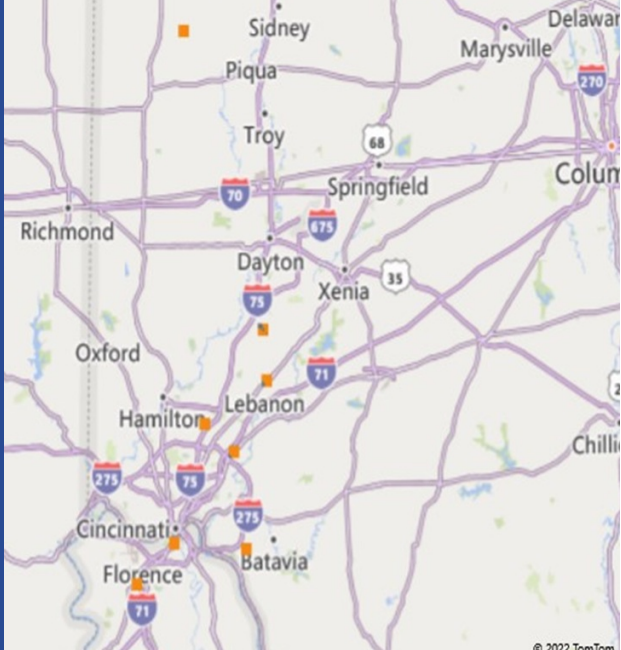
Invite your breast friends to learn more about thermography....

Hostess receives \$50.00 for providing the space for Robin to come and do her presentation. (To be put towards her thermography scan.)

It can be virtual or in person.

Then she also receives an additional \$25.00 (to be put towards her scan) for every scan booked and performed as a direct result of the presentation.

Please contact Robin Hanson-Gobell  
**513-443-5161**



## Breast Care Corner



[Click here for more valuable breast health resources. You'll find Patient Resources and Videos.](#)

## Is Your Sunscreen Causing Breast Cancer

Research finds two common cosmetics ingredients cause DNA damage in breast cells at low doses.

By [Jacquelyne Froeber](#)

• May 19, 2020 [Your Health](#)

Four years ago, I was diagnosed with [stage 3 breast cancer](#). I was 33 years old.

The doctors all said the same thing: You're so young. Surely I had a [family history](#) of breast cancer (I don't) or the [BRCA](#) gene, which increases the risk of developing breast and ovarian cancer (nope!). So how did I end up bald-deep in chemotherapy? My left hand still cramps up when I think of the gazillion questionnaires I filled out, combing through [lifestyle factors and past illnesses and treatments](#) that may have contributed to the disease.

And like the [276,480 women](#) who will be diagnosed this year, the answer for me is not as simple as [checking a box](#). But what I do know is that my cancer was [estrogen receptor positive](#). In other words, the cells have receptors that allow them to use the hormone estrogen to grow.

### Cancer-causing components

Now [new research](#) suggests that women like me, with a history of estrogen receptor-positive breast cancer, and women at high risk for breast cancer may want to take a closer look at the cosmetics we use.

[Click to continue reading....](#)

# Hostess Incentive

Invite your breast friends to learn more about thermography....

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Of course, we hope you enjoyed the level of service you received. If so, we would love if you could leave your feedback on our Google Business Page or Facebook so we can help others on a health journey like you! Every review helps build credibility for future customers and your feedback would be greatly appreciated.

Thank you for taking time out of your day. We greatly appreciate it!

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from your doctor or chiropractor. All it needs to say is "Massage as needed." The doctor then signs and dates it and TA DA, it's good for an entire year!!!



Women's Health Initiative Foundation, whose mission is to empower women and guide them to the truth about natural options which prevent, treat, and defeat cancer and other diseases is proud to announce its newest offering. WHIF is accepting applications for financial assistance with the cost (full or part) of diagnostic thermography screenings for men and women on the full upper body through Mindful Wellness Medical Thermography and Holistic Health Medical Thermography. *Click here for more information and access to the application.*

Like me on *Facebook* to receive short therapeutic wellness tips to help your mind and body feel better.

Make a Donation



#### Contact Us

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*e-mail Jacky*

#### Website

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[www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com)

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