

and many women people lack wheelchairs and other basic equipment, humanity is still much better off today than 200 years ago, said Beeri. Medical technology is developing at a rapid pace - faster than the health

and caused violence and psychosis. In the last 20 years, however, it has been brought back and used for numerous medical purposes in all ages."

Every large Israeli pediatrics department

interventions."

It takes about a decade for knowledge to be translated from development of technology into a product used in the field. "We used to try to change the patient, but

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Restoring collagen in menopausal women

Heat therapy can be used for a variety of physical ills, from treating stiff joints to muscular pain and spasms to reducing inflammation, alleviating headaches and augmenting the effects of chemotherapy. More recently, thermotherapy has been found to help menopausal women who suffer from gynecological dryness and stretching of the tissues after numerous deliveries. While taking oral estrogen can relieve vaginal dryness, some cannot take the pills because they have had or are at risk for breast or ovarian cancer or the pills do not help them.

HEALTH SCAN

• By JUDY SIEGEL-ITZKOVICH

The US Food Drug Administration and the Health Ministry in Jerusalem have approved a mobile radio-frequency (RF) device called ThermiVa that uses heat to stimulate collagen production and promote lubrication in gynecological tissue, thus preventing pain in intercourse. A beneficial side effect that was noticed in treated women is that it strengthens the wall of the bladder and can alleviate urinary stress, urge and overflow incontinence in women as well, even though it was not developed specifically for this common complaint.

Dr. Amy Kesselman, a former assistant professor at Albert Einstein College of Medicine, who came on aliya with her family three years ago, is the only woman gynecologist who uses ThermiVa in Israel.

The device is imported from Texas; other devices for these purposes produce heat using a variety of lasers, but Kesselman said that the RF device she uses with a disposable probe is the most comfortable for women and produces no pain or other side effects.

Nearly half of all women after menopause, she said in an interview with *The Jerusalem Post*, suffer from vaginal dryness, which can also be caused by drugs,

and many also complain about urinary incontinence. The heat strengthens the muscle but does not treat prolapse of the tissues, said Kesselman, who works out of clinics in Jerusalem, Ramat Aviv

and Caesarea. She advises women not to undergo gynecological thermotherapy treatments at the hand of non-physicians or even doctors who are not gynecologists, and not to agree to the reuse of the heated disposable probes, which are expensive (reuse can cause serious infections).

Kesselman will not give the treatment unless the patient undergoes a gynecological exam, including a Pap smear, and does not suffer from vaginal infections. The treatment is not included in the basket of health services and is thus expensive, but some may be covered by private health insurance. Three painless 30-minute treatments are initially needed and one maintenance treatment is required annually.

NAVIGATING THROUGH SO

An expanded digital website and application that provides more information for any other Israeli hospital has been introduced at Ramat Aviv Sourasky Medical Center. Not only will patients be able to quickly get password-protected access to medical tests taken in the hospital but they can also access a Waze-like navigation program that will take them the way around the campus and view hospital hours and waiting times, medical file summaries and other medical information on a wide variety of services.

Sourasky director-general Prof. Reuven Goren said the mission of the new system is to provide patients with a "business service" with the goal of providing information about its departments and services.

The website is located at www.ramatsourasky.com/default.aspx.

The application, developed in cooperation with an Israeli company Shimeba and the Health Ministry, enables those who come to the hospital to enjoy a friendly and comfortable environment that is required is to write the name of the department or clinic he wants to reach, and the application on a smartphone screen will present a map and a destination as well as voice instructions to guide him throughout.

For those who do not have an application, the information screens have been placed throughout the hospital.