

# A Fresh Start

## Other useful organisations:

British Association for Counselling & Psychotherapy [www.itsgoodtotalk.org.uk](http://www.itsgoodtotalk.org.uk)  
Telephone: 01455 883 300 Information about counselling and details of therapists in your area.

College of Sexual and Relationship Therapists [www.cosrt.org.uk](http://www.cosrt.org.uk) Telephone: 020 8543 2707 Information about sexual and relationship therapy, and details of therapists who meet national standards.

Fertility Network UK [www.fertilitynetworkuk.org](http://www.fertilitynetworkuk.org) Telephone: 01424 732 361 Information and support for people with fertility problems.

Institute of Psychosexual Medicine [www.ipm.org.uk](http://www.ipm.org.uk) Telephone: 020 7580 0631 Information about psychosexual medicine, and details of specialists who are trained in the treatment of sexual problems.

Macmillan Cancer Support [www.macmillan.org.uk](http://www.macmillan.org.uk) Telephone: 0808 808 0000 Practical, financial and emotional support for people with cancer, their family and friends. Includes information on sex and relationships.

Helpline 0800 074 8383 [prostatecanceruk.org](http://prostatecanceruk.org)

Mind [www.mind.org.uk](http://www.mind.org.uk) Telephone: 0300 123 3393 Information and support for mental health issues such as depression or anxiety.

NHS Choices [www.nhs.uk](http://www.nhs.uk) Information about conditions, treatments and lifestyle, including sexual problems and advice on quitting smoking. Support for carers and a directory of health services in England.

Relate [www.relate.org.uk](http://www.relate.org.uk) Telephone: 0300 100 1234 Information, advice and relationship counselling and sex therapy. In Scotland, contact Relationships Scotland instead.

Relationships Scotland [www.relationships-scotland.org.uk](http://www.relationships-scotland.org.uk) Telephone: 0345 119 2020 Information, relationship counselling and sex therapy in Scotland.

Samaritans [www.samaritans.org](http://www.samaritans.org) Telephone: 116 123 Confidential, judgement-free emotional support, 24 hours a day, by telephone, email, letter or face to face.

Sexual Advice Association [www.sexualadviceassociation.co.uk](http://www.sexualadviceassociation.co.uk)  
Telephone: 020 7486 7262 Information about sexual problems and their treatments, including a smartphone app that allows you to ask questions and get information in confidence.

Switchboard - LGBT+ helpline [www.switchboard.lgbt](http://www.switchboard.lgbt)  
Telephone: 0300 330 0630 Free and confidential support and information for lesbian, gay, bisexual and transgender people throughout the UK.

UK Council for Psychotherapy [www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)  
Telephone: 020 7014 9955 Information about types of psychotherapy and details of therapists in your area.

## [www.MyPelvicHealth.co.uk](http://www.MyPelvicHealth.co.uk)

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Watford HERTS WD24 5RR -  
T: 01923237795 E: [contact@imedicare.co.uk](mailto:contact@imedicare.co.uk)



Device ideas for living after prostate cancer - [MyPelvicHealth.co.uk](http://MyPelvicHealth.co.uk)

# Looking to a brighter future

Prostate cancer is now the most common cancer in men.

Over 47,000 men are diagnosed with prostate cancer every year – that's 129 men every day.

1 in 8 men will get prostate cancer in their lifetime.

Over 330,000 men are living with and after prostate cancer.

Thankfully with modern treatment methods and with early detection, survival rates are high. However, treatment (prostate removal by surgery / radiotherapy / hormone treatment etc) can cause a gamete of short and sometimes longer term medical issues that can significantly impact on your quality of life, including:

- Erectile Dysfunction
- Penile Shortening / Penile Preservation (Structural Rehabilitation)
- Minor or Severe Stress Urinary Incontinence – Management
- Minor or Severe Stress Urinary Incontinence - Treatment

iMEDicare is a medical device distributorship started in 2004 specialising in home use patient devices for improved pelvic health. Our motto is "Pelvic Health Naturally" based on the principle of either managing or treating pelvic health problems in a safe, low cost, non-invasive fashion using market leading devices, and natural physiotherapeutic principles for tissue fitness and improvement.

**1 in 8 Men**  
will get prostate cancer  
in their lifetime

**iMEDicare**  
*Pelvic Health Naturally...*



Tel 00 44 (0) 1923 23 7795  
[www.MyPelvicHealth.co.uk](http://www.MyPelvicHealth.co.uk)

# E.D. & Penile Rehab



## Severe Erectile Dysfunction and Penile Preservation

In most cases, surgical removal of the prostate will lead to either temporary or permanent erectile dysfunction depending on the extent of nerve damage to the cavernosal nerves. These nerves pass very close to the outer lateral walls of the prostate and innervate the penis erectile response / blood vessels. They are very delicate and susceptible to damage during prostate surgery. Even a "nerve sparing" procedure can cause some temporary degree of cavernosal nerve damage leading to mild erectile dysfunction for up to 24 months post op. This penile inactivity can lead to local cell / tissue death, exacerbating a penile shortening problem.

Regardless of the nerve situation, a mechanically controlled Vacuum Erection Device (VED) can be used to provide both the regular "exercise effect" (replicating the beneficial effects of nocturnal natural erections) necessary to offset penile tissue non-use atrophy (shrinkage) AND induce (by vacuum effect) and then capture (with erectile maintenance rings) a fully erect external penis suitable for early return to intimacy. With correct application and technique, this approach is more or less guaranteed to be effective – which is why it is proactively

recommended by the National Institute of Clinical Excellence (NICE) post prostate cancer treatment, especially when PDE5 medication isn't effective or applicable (contraindicated): <https://www.nice.org.uk/guidance/cg175/evidence/full-guideline-191710765>  
What makes the **SOMAerect** VED special is the fact that there are 5 cylinder sizes to fit the natural range in male penile anatomy, and four different ring types to ensure a comfortable and effective erection maintenance, suitable for intimacy. Our regional representatives also provide customised training through the vast majority of urology departments in the UK.

Your SOMAerect system can be prescribed by your GP in most areas of the UK, although a few Hospitals will provide this device for you. You can even purchase one privately directly from iMEDicare if you wish at [www.iMEDicare.co.uk](http://www.iMEDicare.co.uk).

Visit <https://bettercare.prostatecanceruk.org/> to see how post prostate cancer treatment services compare in your area to the National Gold Standard.



# wear**ever**<sup>®</sup>

## Wearever Washable Incontinence Underwear

Disposable pads can be a great help, but are not hugely environmentally friendly and are indeed costly over time. A washable, reusable incontinence underwear such as the **Wearever** range – washable up to 250 times – can be far more cost effective. Supplied in a variety of discrete attractive styles with a built in washable pad, Wearever urine absorption capacities range from 150ml to an incredible 650ml. A 6 pack can be ordered from iMEDicare with the 7th supplied at no extra cost. Ask about the First Pair Guarantee Program.

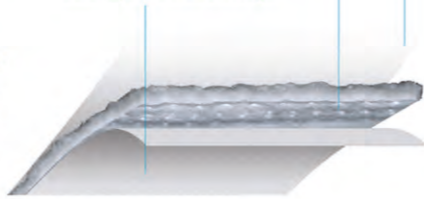


**Triple-layer layer Hydrex™ and Unique -Dri™ Systems Silver Ion anti-microbial fibres**

Polyester inner lining wicks moisture

Unique -Dri Pad Rayon middle layers disperses, absorbs and traps liquid. Anti-microbial Silver Ion Impregnation.

Bonded waterproof Urethane outer layer prevents leakage.



# afex

Core Supporter

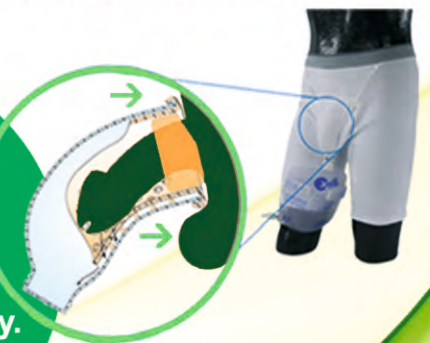
## Severe Urine Leakage Management - Afex Core Urinal Device

In more severe cases, there is a real concern that your disposable or even washable pad will become saturated or there will be a slight odour. In this situation, a urinal device can be the ideal solution for outdoor activities. Urine drains out from a double walled soft PVC receptacle that houses the penis, through a non-return flapper valve into variable sized thigh bags (250ml, 500ml, 1500ml) depending on the severity and volume of leakage. The urine is contained within the waterproof bag, you stay dry and odour isn't an issue - just empty when convenient. These components are housed in either a boxer brief, or a jock strap style brief (better for more active scenarios or penile shortening).

Best of all – **Afex Core** is available on NHS prescription in all regions of the UK. iMEDicare regional representatives can provide a customized trial device at no charge, so your GP would only prescribe if you are certain Afex is right for you. Prescription may require a recommendation letter from your urology or continence care nurse.



Featuring thigh bag, leg bag and bed bag options. Call 01923237795 for your free trial today. GP prescription thereafter.



# Implantables

## Rigi10™ hydrophilic malleable penile prosthesis

### Product Overview

- ♂ Rigid shaft and distal end for a strong erection.
- ♂ High bending angle and memory for easy and comfortable concealment.
- ♂ Durable. Rigi10™ hydrophilic malleable penile prosthesis continues to offer satisfactory performance results even after long cycles of simulated tests.<sup>1</sup>

**Rigicon®**  
Innovative Urological Solutions



## Infla10® AX inflatable penile prosthesis with Anatomical Expansion

### Product Overview

Infla10® AX is indicated for patients suffering from chronic, organic erectile dysfunction (impotence) and are candidates for a penile prosthesis implantation.<sup>1</sup>

Infla10® AX is currently the only inflatable penile prosthesis on the market offering length expansion and hydrophilic coating.

Infla10® AX is designed for you and your patients and offers innovative features<sup>1</sup>:

- ♂ **Length Expansion**
- ♂ **HydroShield™ Coating**
- ♂ **Rapid-Pump™**
- ♂ **AdaptiveReservoir™**
- ♂ **Easy-Click™ Connectors**
- ♂ **ConnectSecure™ Extenders**



## ContiClassic® Artificial Urinary Sphincter

ContiClassic® Artificial Urinary Sphincter is used to treat urinary incontinence due to intrinsic sphincter deficiency in cases such as incontinence following prostate surgery.<sup>1</sup>

### Key Features & Benefits

ContiClassic® Artificial Urinary Sphincter is designed with years of experience in urology and with one thing in mind; an innovative device that offers safety and effectiveness for you and your patients.

- ♂ **Diverse Occlusive Cuff Size Options for a Better Fit (3.75 cm - 4.25 cm - 4.75 cm)<sup>1</sup>**
- ♂ **HydroShield™ Coating<sup>1</sup>**
- ♂ **EasyClick™ Connector & EasyClick™ Y-Connectors**
- ♂ **Simultaneous use with Infla10® IPP**



**iMEDiCare**  
Pelvic Health Naturally...

