

**AMIELLE COMFORT AND AMIELLE CARE SELF-TREATING VAGINAL DILATORS***Clinical dilators help patients overcome physical and psychological hurdles*

**O**wen Mumford (Marietta, GA), in conjunction with gynecological oncology nurses and psychosexual therapists, has designed two models of self-treating vaginal dilators for use in the care and treatment of the vagina following radiotherapy, surgery, childbirth or painful sexual intercourse. Amielle Care vaginal dilators have become an important part of a patient's overall treatment regimen to prevent vaginal adhesions and scarring following radiotherapy or gynecological surgery. Amielle Care vaginal dilators allow patients to take an active role in their recovery to minimize long-term damage. Amielle Comfort vaginal dilators are designed to assist women in the treatment of vaginal conditions including vaginismus and dyspareunia, or for vaginal discomfort following childbirth.

Following radiotherapy a patient's vagina may not only be sore and inflamed, but patients are likely to experience other treatment-related complications, including vaginal stenosis, which can be accompanied by scar tissue, dryness, or loss of elasticity (1). Stenosis and other side-effects can prevent patients from continuing with their treatment regimen or engaging in sexual activity, as any attempts to penetrate the vagina can be painful. It is vital to preserve an open vagina to allow for continued therapies, follow-up examinations, as well as general health maintenance. Regular use of Amielle Care dilators will prevent vaginal adhesions, thereby allowing vaginal penetration without discomfort or pain. Vaginal dilators have an established history in the treatment of vaginal stenosis as they can break down adhesions and stretch the vagina (2). The dilators are most successful when introduced early on in treatment because as time passes, more scar tissue can develop, which can create more difficulties for the patient.

The Amielle Care vaginal dilators are a set of four smooth, white, penile-shaped cones which are graduated in size and length for treatment progression. The cones are non-tapered, which enables them to reach the top of the vagina to prevent the buildup of scar tissue throughout the vagina. The largest dilator approximates the size of the average erect penis so patients will be comfortable when they resume normal sexual activity. The dilators come with a handle that conveniently twists and locks onto each cone to provide extra confidence and to ensure easier insertion and removal. Amielle Care is designed to make ongoing personal treatment less traumatic and ultimately relieve anxiety in patients who have already experienced a series of invasive

therapies. Amielle Comfort vaginal dilators are an effective aid to complement sex therapy for treatment of vaginismus, or to help overcome painful sexual intercourse associated with dyspareunia. Amielle Comfort vaginal dilators are an ideal tool to gradually minimize or avoid painful intercourse or anxiety that can follow surgery or childbirth. Amielle Comfort offers four tapered cone instruments in graduated sizes for a natural progression of treatment. The largest Amielle Comfort dilator also represents the size of the average erect penis, facilitating patients' resumption of normal sexual activity.

One study evaluated the Amielle vaginal dilators and confirmed that the trainers were both effective in the treatment of vaginismus and superficial dyspareunia and



were aesthetically acceptable to most of the patients (3). Ten patients with a principal diagnosis of secondary vaginismus and superficial dyspareunia were given a set of Amielle vaginal trainers and were taught how to use them. The patients filled out a questionnaire to evaluate the effectiveness of the trainers. Nine patients reported a significant improvement or complete cure of their symptoms (4), and all of the patients who

used the trainers gave favorable comments on the physical characteristics of the product (5).

Amielle trainers come available in complete kits that include the trainers, insertion handles, lubricating jelly, cleaning brush and instructions. Insurance companies will reimburse patients for the Amielle vaginal dilators, and Owen Mumford can assist physicians with a letter to insurance companies outlining the medical necessity of the dilators.

For more information about Amielle Comfort, Amielle Care or other Owen Mumford products, please call 1-800-421-6936, or visit the company's Web site at [www.owenmumford.com](http://www.owenmumford.com).

**References:**

1. Lancaster, L, Preventing vaginal stenosis after brachytherapy for gynaecological cancer: an overview of Australian practices, *European Journal of Oncology nursing* (2004) 8, 30-39.
2. Cartwright-Alcares, F, Addressing sexual dysfunction following radiation therapy for a gynecological malignancy. *Oncology Nursing Forum* 22(8), 1227-1232.
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