Praise for Lauren Campbell from P.D.

I was originally referred to Lauren by the Women's Clinic at Mt. Sinai (excellent centre!) as I complained of pain during sex.  Was told the appointment would be with a Pelvic Physiotherapist (had never heard of this and I had to Google it so as not to be embarrassed).  The first time I met Lauren, she put me at ease completely, explaining how many women had similar problems and suffered in silence. She had asked me to complete a questionnaire before we met, and she noted that I had an issue with frequent urges to urinate (I'm one of those people who have to pee at least 5 times before I leave the house in the morning--and often get off at Yonge/Bloor because I feel the urge to urinate).  She pointed out that frequent urges to urinate and pain during sex were connected as the pelvis supports the abdominal organs, including the bladder, uterus and sexual organs.  She was going to help me strengthen my pelvic floor so that these issues would diminish over time.  It was such a relief to hear that there was something that could be done-- aside from the usual, "Relax, and just have a glass of wine before sex."

Lauren was so incredibly patient and fully understood how awkward this session is for first time patients.  The first internal exam she did was quite uncomfortable as she used her fingers to explore my pelvic floor-- not surprisingly, very tight.  This is common amongst Type A people like me, who obsess about everything.  She assured me that she could help over the course of the next few months as many women complained of the same issues.  She gave me a set of exercises to perform each night (based on yoga moves to stretch and strengthen the pelvic floor) and a bladder diary to record the frequency of my urination (time, duration and amount of liquid intake).  She also challenged me to, over the course of the next few weeks, hold my urges so that I did not urinate for at least one hour or more.

Over the course of our sessions (over 6 months), I surpassed that goal and can now hold my urges to urinate for 3-5 hours or more!  The pain during sex disappeared after a month of therapy- which was the most shocking and rewarding aspect of therapy.  I had assumed this was my lot in life due to menopause and was thrilled to know that a simple solution was out there.

I continue to do my stretches - not only are they relaxing, but they keep my pelvic floor 'toned'.  I am thrilled that my doctor referred me to Lauren- she really turned my life around and I am deeply appreciative of her expertise and the incredible team she has assembled in her practice to help men and women of all ages.