



A message from our Medical Director  
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## What you Need to Know About V-Shots and P-Shots

### A natural way of achieving arousal

#### Women and sex drive

Birthing and raising kids is enough to lower a woman's sex drive — at least for awhile. But as the little ones need less attention, momma needs a little more. The years pass and now a different situation appears. Could be hormones, might be a health condition or maybe it's just that her system needs a little boost.

#### Enter the V-Shot

The V-Shot uses the newest healing treatment of platelet-rich plasma (PRP) — extracted from the patient's own blood — to rebuild the tissues in the genital area, increasing sensitivity in nerve endings and restoring sexual desire. V-Shots do more than assisting with sexual arousal, however. They can also help women with incontinence, tighten vaginal walls, restore skin texture and appearance and improve vaginal lubrication. This treatment is especially helpful for women who have endured breast cancer treatment.

PRP has been used for years to heal damaged tissue. The V-Shot now gives the same healing effects to an area often overlooked because of reluctance to raise these sometimes-sensitive issues.

Because the primary component in the V-Shot is the patient's own blood, the chances for side effects are dramatically lowered.

#### The V-Shot Process

A licensed technician draws a small amount of blood and spins it in a centrifuge, separating the platelets and plasma from the rest of the blood. The result is PRP.

While the PRP is extracted and fully prepared, the outside of the vagina is cleaned and numbed. We use a cream to numb the clitoris. We also have the patient apply some of the numbing cream in her vagina to help with numbing in that area.

Most women describe the injection as painless, yet feel a bit of pressure during the injection(s). This pressure

typically lasts a few seconds or until the PRP absorbs into the tissues.

The V-Shot is a nonsurgical procedure with the full treatment completed within an hour. The actual procedure itself takes less than 2-3 minutes. After the treatment, side effects such as redness, swelling and numbness may occur. These are from the injection and not from the PRP — and resolve in a short period of time.

#### How long do the effects of the V-Shot last?

About 50% of women notice an immediate difference, but everyone has different healing rates. The average effects last about one year, but some women experience improvements for more than five years.

#### Good News for Men

Every man deserves the euphoria and self-esteem boost that good sex brings to life. If erectile dysfunction (ED) or Peyronie's disease are making solid erections difficult to gain or maintain, your sexual spontaneity and romantic relationship may suffer.

#### It may be time to consider today's most innovative treatment: the Priapus Shot — or P-Shot

Quick and virtually pain-free, this injection delivers innovative platelet-rich plasma (PRP) technology to tap the body's regenerative and restorative powers. Performed right here in our comfortable suite, this non-surgical procedure offers today's top-quality ED solutions without the risks, costs, and long downtimes of surgery.

#### What causes erectile dysfunction?

There are many potential physiological and emotional factors — all of which can be addressed with this procedure. PRP can help men reclaim the joy of strong, satisfying erections that revive the passionate bonds with their partners.

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The subtle but powerful ingredient behind this cutting-edge treatment is platelet-rich plasma (PRP). Men everywhere have been using PRP to enhance sexual function and stamina naturally — without invasive procedures or debt-generating surgery bills.

### How does the P-shot work, and what is PRP?

It all begins with the patient's own blood. We extract platelet-rich plasma (PRP) from a blood sample by spinning it in a centrifuge to separate the white and red blood cells from the platelets. Platelets are crucial to the blood clotting process and contain many proteins called growth factors.

These growth factors are essential for healing injuries and regenerating damaged tissue:

- vascular endothelial growth factor (VEGF)
- fibroblast growth factor (EGF)
- transforming growth factor-beta 1 (TGF-1)
- hepatocyte growth factor (HGF)
- insulin-like growth factor (IGF-1)

PRP contains many more platelets than are found in a typical blood sample. Platelet concentration (and growth factors) can be up to ten times greater than that of usual blood samples. That's how PRP stimulates soft tissue cell and blood vessel regeneration.

Within days erectile dysfunction and/or Peyronie's disease symptoms should slowly begin to resolve. After approximately 6-7 weeks, men report looking and feeling supercharged with self-confidence and erotic energy. Expect longer-lasting, more robust erections and higher sensitivity.

These revitalizing effects can last up to two years, but many men choose to undergo a second treatment about 3 months after their first one to promote further virility and deeper sexual satisfaction.

As with all medical procedures, results will vary depending on your age, the severity of condition, genetics, general health and environmental conditions.

### Advantages of P-shot over other ED Treatments

We've researched male sexual health procedures for more than a decade. We've also heard from hundreds of happy patients who return for follow up care. The P-shot is a fantastic solution for busy, financially savvy men seeking care from discreet, highly skilled, experienced specialists.

### PRP is our number one choice because it's:

- non-surgical: no incisions, scarring, anesthetic, hospital stay or long recovery times
- fast and simple: the procedure takes no longer than 30-45 minutes, including prep time — much faster than any surgical option
- all-natural: no artificial implant materials that can cause allergic reactions or get damaged, necessitating another surgery (and more cost)
- one and done: no risk of surgeon error that requires more surgery and more cost
- autologous: PRP is created from the patient's own blood, so there's no risk of allergic reaction or infection from a donor blood sample
- safe: over half a million PRP procedures have been performed worldwide, and very few patients report any side effects

### Who is a good P-shot candidate?

Virtually any man desiring a more vibrant, fulfilling sex life can benefit from the P-shot. However, these medical conditions may preclude certain patients:

- HIV/AIDS
- hepatitis
- immune system conditions
- cancer

Be sure to discuss your past and current medical conditions, as well as any medications you're currently taking with Dr. Steve during your initial consultation.

### Are there any risks or side effects?

As with any injection, some slight swelling, pain, bruising, soreness, or bleeding at the blood draw site or injection sites is to be expected. This should resolve within a day or two.

Severe side effects are extremely rare. But if any of these are experienced, seek emergency medical attention right away:

- infection or sores at the injection site
- fever
- dizziness
- nausea and vomiting
- fainting
- extreme pain in or near your penis

### What's right you for you?

Give us a call and we can discuss the best ways to make you feel and perform at the top of your game.