

Focus on Women's Health

Many of us have seen the TV commercial where the middle-aged woman chats on the phone and then falls off the bed giggling. This commercial for incontinence pads seems harmless enough but also sends the signal, or at least a certain level of acceptance, that it is OK for women to suffer from a little bladder weakness or loss of control as long as she has a pad on. Well, it is not OK!

At Centro Mar & Salud we aim to raise awareness of the importance of women's health to address issues such as bladder, rectal or vaginal prolapse and incontinence, all to help prevent future problems. Bladder weakness or incontinence can occur in both women and men and are often due to an underlying treatable medical condition.

We offer a Well Woman Check-up, where a health check is performed by our female GP and nurse. The health check includes a thorough examination including a cervical smear test, ECG, urine spot test checking for diabetes/infection/liver problems, blood pressure, weight and BMI calculation with advice given accordingly, blood test for cholesterol and diabetes, breast exam and family planning and pre/post menopausal advice and review of current medicine. It costs 90€.

If you are male and reading this and feeling a little left out, you can also come along for this very extensive health check, which in your case would then include a screening test for prostate cancer. The price is also 90€. For the test, referrals will be made where appropriate for specialist tests etc.

If you have been diagnosed with pelvic floor muscle weakness, a common cause of incontinence, then specific exercises can prove extremely helpful. Our physiotherapist, Sanne Mortensen, will teach you these simple, yet effective exercises. Remember, the pelvic floor muscles are just like any other muscle. They need strengthening, if they are weak. For the patients who find these exercises difficult, we can recommend various treatment aids to help activate the pelvic floor muscles. These treatment aids not only help locate, but also tone the muscles, and they are completely pain-free to use. The correct use is essential for ensuring effectiveness and will be explained in the session with the physiotherapist.

We also have group session for pelvic floor gymnastics on Tuesday from 18.00 till 19.15. Ursula Breuss, movement therapist, will lead this group and teach you how to strengthen your pelvic floor through relaxing and stretching exercises.

For any expectant mothers, please be advised that Karen Fagan is our Independent Midwife specialising in home births and has extensive experience in antenatal and postnatal care for you and your baby. She can provide expert advice and answer any queries that you may have regarding imminent parenthood, the pregnancy and the delivery.

If you require an appointment with a gynaecologist we would be pleased to introduce you to Dr Carmen Parisi who also forms part of our team.

If you require any further information about the services we offer please visit our website www.centromarysalud.com or contact us to make an appointment.

Please do not forget that prevention is better than cure, and that screening for diseases and cancers can save lives and heartbreak!



health | well-being | body | mind



Dr Bernadette Veeger General Practitioner

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General Medicine, Well Woman/Man Checks,
also home visits.

Jonathan Leggott, S.M.T.O., I.T.E.C.

Remedial Massage,
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(for contact details see below or call 639 528 205)

Sanne Mortensen, Bsc (Hons), MCSP, SRP Physiotherapy

*Experienced UK trained physiotherapist,
Spanish registered, colegiado No 2066*
Post-operative rehabilitation and treatments for
general musculo-skeletal conditions.

Hannelore Knop

Hydro Colon Therapy,
Pedicure, Reflexology,
NU SKIN facial treatments

Ursula Breuss

Gestalt-Therapist FPI, EFT-Coach
EFT – Emotional Freedom Techniques,
Pelvic Floor Training

We also offer: Psychology, Osteopathy,
Midwifery, Acupuncture, Gynaecology,
Cosmetic Surgery, Urology, Iridology, Food
Intolerance Testing, Vitamin Testing, Photo
depilation, Yoga, Gym Classes...and more!

CENTRO MAR Y SALUD

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Very good access with parking in front of the centre
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