



For more than 20 years, Dr Lorraine Dontigny obstetrician-gynecologist, and Marie-Josée Lord, physiotherapist specializing in pelvic health have been developing their own expertise in the field of women's health. Working in close collaboration for several years, they have decided to join their vast knowledge and experience and develop the new Centre de Santé Intégrée de la Femme (CSIfemme). Their mission is to offer a unique, innovative and interdisciplinary approach available for women from adolescence to post-menopause.

Under the direction of Dr Dontigny and Madam Lord, a dynamic and dedicated team of medical and paramedical practitioners will provide specialized services within women's health. Education of the clientele is at the foundation of our approach empowering them to take charge of the decision-making process of their own treatment plan.

This unique interdisciplinary approach to evaluate and treat will address uro-gynecological disorders such as:

- Vulvar, vaginal pain with and without penetration (dyspareunia, vulvodynia, provoked vestibulodynia, vaginismus)
- Vulvar dermatological conditions
- Stress urinary incontinence
- Urinary urgency and urge incontinence
- Pelvic organ prolapse and pessary fitting
- Pain from perineal, vaginal or abdominal scar tissue

Group education sessions are available for:

- Chronic pain
- Physiology approach to delivery
- Positioning for ante partum and delivery
- Post-partum pelvic floor reconditioning

Our "*Centre de Santé Intégrée de la femme*" is in full expansion and many more programs are being developed and will soon be offered as part of this interdisciplinary team approach. Stay tuned!

To arrange a consultation with our team for an initial evaluation and personalized treatment plan, you will require a medical referral from your family practitioner or specialist. A consultation request can be made by phone at 514-694-4644 ext 129 or by fax at 514-694-4646. For more information or to inquire about our management group sessions, please contact us by email at csifemme@gmail.com.