

FAST FACTS: PELVIC ORGAN PROLAPSE

WHAT IT IS

When a pelvic organ such as the uterus, bladder, or rectum slips from its normal position into the vaginal canal.

CAUSES

The tissues and muscles that hold up the pelvic floor weaken. It can happen:

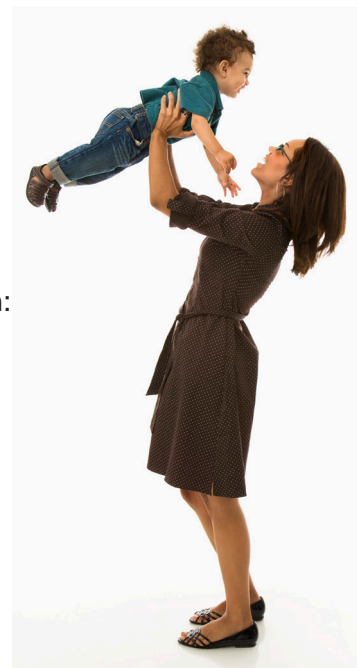
- after one or more vaginal births
- after hard labor and delivery
- with normal aging
- with reduction in estrogen
- with chronic constipation
- with chronic coughing

SYMPTOMS

- A feeling of heaviness or pulling in the pelvis
- A feeling like you're sitting on a small ball
- Painful sex
- Feeling an urgent need to urinate
- Leaking urine
- Incomplete bladder emptying
- Constipation

TREATMENT OPTIONS

- Pelvic floor muscle exercises
- Pelvic floor physical therapy
- Non-systemic vaginal estrogen
- Inserting a pessary into the vagina
- Surgery



DID YOU KNOW?

Thirty to fifty percent of women suffer from pelvic organ prolapse. Scientific research shows that three months of pelvic floor muscle training under the guidance of physical therapy can treat prolapse without the need for surgery.

If you are experiencing symptoms of pelvic organ prolapse, please talk to your primary care provider about treatment options.

