



Obstetrical
Gynecological

Associates, Inc. *We Understand Women.*

PELVIC SUPPORT PROBLEMS



OGA EDUCATIONAL SERIES



WELCOME

Welcome to Obstetrical and Gynecological Associates (OGA). Thank you for choosing us for your care. We are women, mothers, sisters and daughters, just like you, so we understand your concerns and relate to your needs. Our mission is to always expect the best outcome while providing caring, competent and compassionate care.

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PELVIC SUPPORT PROBLEMS

What are pelvic support problems?

The pelvic organs include the vagina, cervix, uterus, bladder, urethra, small intestines, and rectum. The pelvic organs are held in place by the pelvic floor. Layers of connective tissue called fascia provide support. These supporting muscles and fascia may become torn or stretched, or they may weaken because of aging. In this condition, the fascia and muscles can no longer support the pelvic organs. As a result, the organs that they support can drop downward.

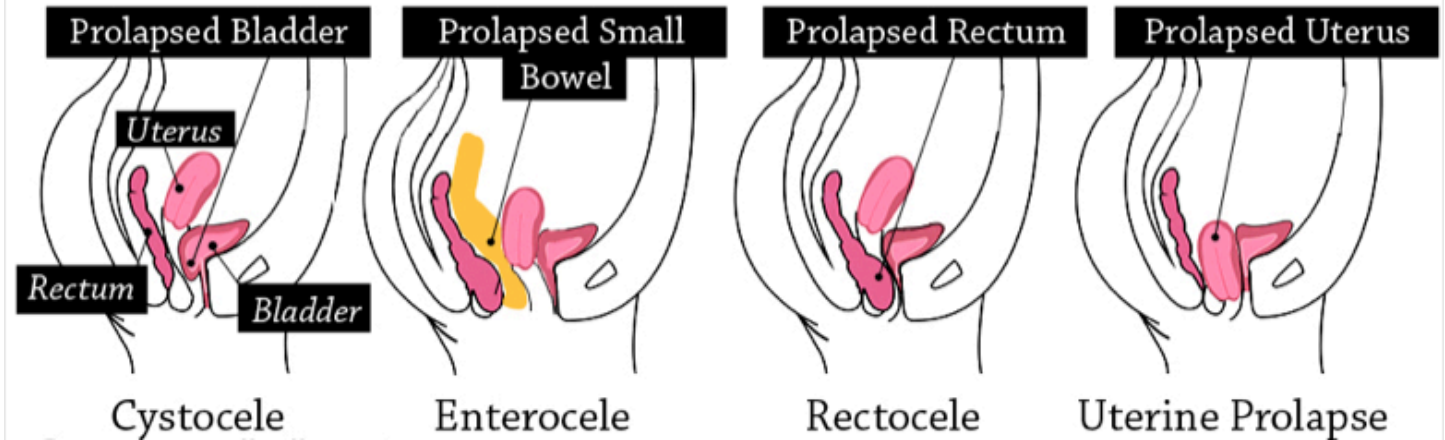
What are the symptoms of pelvic organ prolapse?

Many women have no symptoms and are not bothered by their pelvic organ prolapse. The symptoms of those who do have problems can range from mild to severe. Listed are common symptoms of pelvic organ prolapse:

- Feeling of pelvic heaviness or fullness.
- Bulge in the vagina.
- Pulling or aching feeling or a feeling of pressure in the lower abdomen or pelvis.
- Lower back pain.
- Leakage of urine (urinary incontinence) or problems having a bowel movement.
- Needing to push organs back up into the vagina to empty the bladder or have a bowel movement.
- Sexual difficulties.
- Problems with inserting tampons or applicators.
- Pelvic pressure that gets worse with standing, lifting, or coughing or as the day goes on.



Types of Pelvic Organ Prolapse



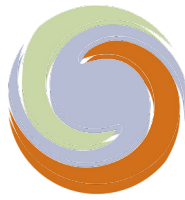
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What causes pelvic organ prolapse?

The main cause of pelvic organ prolapse is having had children. Women who have had a vaginal delivery have a slightly increased risk of pelvic support problems than those who have had a cesarean delivery.

Other causes of pelvic support problems include the following:

- Prior pelvic surgery.
- Menopause.
- Aging.
- Intense physical activity.
- Factors that increase pressure in the abdomen, such as being overweight or obese, constipation and straining to have a bowel movement, and chronic coughing.
- Genetic factors.



What are the types of pelvic organ prolapse?

- **Uterine prolapse:** The uterus drops into the vagina.
- **Vaginal vault prolapse:** The top of the vagina or "vaginal vault" drops. This problem occurs only in women who have had a hysterectomy.
- **Cystocele:** The bladder drops from its normal place into the vagina.
- **Urethrocele:** A urethrocele happens when the urethra bulges into the vagina. It often occurs with a cystocele.
- **Enterocele:** The small intestine pushes against the back wall of the vagina, creating a bulge.
- **Rectocele:** The rectum bulges into or out of the vagina.

What exams are performed to help diagnose pelvic support problems?

Your healthcare provider will do a thorough exam, including a vaginal and possibly rectal exam. You may be asked to strain or cough during the exam to see if you leak urine. How completely your bladder empties also may be checked.

What are some nonsurgical ways to obtain symptom relief?

- **Lifestyle changes:** If incontinence is a problem limiting drinks that contain caffeine may be helpful. Women with bowel problems may find that increasing the amount of fiber in their diets prevents constipation and straining during bowel movements. A stool softener to keeps the stools soft and passing easily can be helpful.
- **Bladder training:** In this form of therapy you empty your bladder at scheduled times. It may be useful for women with incontinence.
- **Weight loss:** If you are overweight or obese weight loss can help improve your overall health and possibly your prolapse symptoms.
- **Kegel exercises:** These exercises strengthen the muscles that surround the openings of the urethra, vagina, and rectum. Doing these exercises regularly may improve incontinence.
- **Pessaries:** A pessary is a device that is inserted into the vagina to support the pelvic organs. A health care provider can help find the right pessary that fits comfortably.



Examples of Pessaries



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How does one do Kegel exercises?

- Squeeze the muscles that you use to stop the flow of urine. This contraction pulls the vagina and rectum up and back.
- Hold for 5-10 seconds, then release.
- Do 20-50 contractions a day.

Make sure you are not squeezing your stomach, thigh, or buttocks muscles. You also should avoid holding your breath as you do these exercises.

Can surgery correct pelvic support problems?

Some pelvic support problems may be corrected by surgery to restore the normal depth and function of the vagina. Symptoms such as back pain, pelvic pressure, and painful sex may not be relieved by surgery to repair the prolapse. Talk to your doctor about what to expect - the surgery to repair the damaged pelvic floor may not be perfect and there can be a recurrence rate as high as one in four. Prolapse can recur after surgery. The factors that caused a woman to have prolapse in the first place can cause it to occur again.