

FAST FACTS: PELVIC ORGAN PROLAPSE...



CROUSE
Pelvic Health Partnership

What it is

The uterus slips from its normal position into the vaginal canal.

Cause

The tissues and muscles that hold up the uterus weaken.

It can happen:

- after one or more vaginal births
- after delivery of a large baby (more than 9 pounds)
- after hard labor and delivery
- with normal aging
- with reduction in estrogen

Obesity and chronic coughing or straining can also weaken the muscles and raise a woman's chances of having this condition.

Symptoms

- A feeling of heaviness or pulling in the pelvis
- A feeling like you're sitting on a small ball
- Painful sex
- Lower back pain
- Feeling an urgent need to urinate
- Leaking urine
- Painful bowel movements (BM)
- Constipation

Test

- Pelvic exam

Treatment

- Inserting an object into the vagina to hold the uterus in place
- Surgery
- Kegel exercises (squeezing your pelvic muscles as if you're trying to stop the flow of urine)
- Estrogen therapy

