

# Think I Lost My Bottom: A Comprehensive Guide to Understanding and Treating Pelvic Organ Prolapse

## What is Pelvic Organ Prolapse?

Pelvic organ prolapse (POP) is a condition that occurs when the pelvic floor muscles weaken and can no longer support the organs in the pelvis, such as the bladder, uterus, and rectum. This can cause the organs to drop down into the vagina or rectum.



### I think I've lost my bottom by Darren Lewis

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POP is a common condition, affecting up to 50% of women over the age of 50. It can also occur in men, although it is less common.

## What Causes Pelvic Organ Prolapse?

There are a number of factors that can contribute to POP, including:

\* Childbirth: Childbirth is the most common cause of POP. The stress of labor and delivery can weaken the pelvic floor muscles. \* Aging: As we age, our pelvic floor muscles naturally weaken. \* Obesity: Excess weight can put pressure on the pelvic floor muscles and weaken them. \* Chronic coughing or straining: Chronic coughing or straining can put pressure on the pelvic floor muscles and weaken them. \* Pelvic surgery: Pelvic surgery can damage the pelvic floor muscles and lead to POP.

## **What are the Symptoms of Pelvic Organ Prolapse?**

The symptoms of POP can vary depending on the severity of the prolapse. Some women may only experience mild symptoms, while others may have more severe symptoms that interfere with their daily activities.

Common symptoms of POP include:

\* A feeling of fullness or pressure in the pelvis \* Difficulty urinating or having a bowel movement \* Pain during intercourse \* Leakage of urine or stool \* A bulge in the vagina or rectum

## **How is Pelvic Organ Prolapse Diagnosed?**

POP is diagnosed with a physical exam. During the exam, the doctor will check for signs of prolapse, such as a bulge in the vagina or rectum. The doctor may also ask about your symptoms and medical history.

In some cases, the doctor may order additional tests, such as an ultrasound or MRI, to confirm the diagnosis.

## **How is Pelvic Organ Prolapse Treated?**

The treatment for POP depends on the severity of the prolapse and your symptoms. In some cases, no treatment is necessary. However, if your symptoms are bothersome, there are a number of treatment options available.

Treatment options for POP include:

- \* Pelvic floor exercises: Pelvic floor exercises can help to strengthen the pelvic floor muscles and improve symptoms of POP.
- \* Pessary: A pessary is a device that is inserted into the vagina to support the prolapsed organs.
- \* Surgery: Surgery may be necessary to repair the pelvic floor muscles and support the prolapsed organs.

### **What is the Outlook for Pelvic Organ Prolapse?**

The outlook for POP is generally good. With treatment, most women can improve their symptoms and live a normal, active life.

### **How can I Prevent Pelvic Organ Prolapse?**

There are a number of things you can do to help prevent POP, including:

- \* Strengthening your pelvic floor muscles: Pelvic floor exercises can help to strengthen the pelvic floor muscles and prevent them from weakening.
- \* Maintaining a healthy weight: Excess weight can put pressure on the pelvic floor muscles and weaken them.
- \* Avoiding chronic coughing or straining: Chronic coughing or straining can put pressure on the pelvic floor muscles and weaken them.
- \* Talking to your doctor about pelvic organ prolapse: If you are concerned about your risk of developing POP, talk to your doctor. They can help you develop a plan to reduce your risk.



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