

HALF OF ALL WOMEN...

...have never talked to their provider about pelvic organ prolapse.

Allegan's Pelvic Wellness Center is your solution for complete care of the half you have been avoiding.

We provide a multispecialty approach to pelvic health. We've brought together a team of providers from primary care, urology, and physical therapy to provide personalized assessment and treatment plans to restore your quality of life.

If you are experiencing any of the following symptoms or conditions, call (269) 686-5800 to schedule an initial consultation:

- Urinary incontinence
- Urinary frequency
- Vaginal dryness
- Pelvic pain
- Pelvic organ prolapse

Fast Facts on 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

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
- Feeling an urgent need to urinate
- Leaking urine
- Incomplete bladder emptying
- Constipation

Treatment Options

- Kegel exercises (squeezing your pelvic muscles as if you're attempting to hold back gas)
- Pelvic floor rehabilitation
- Non-systemic vaginal estrogen
- Inserting a pessary into the vagina
- Surgery



 Allegan General Hospital

 Allegan Professional Health Services

Spirit of Women
spiritofwomen.com

Exclusively at Your Spirit of Women Hospital