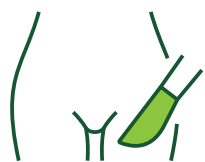


Female Pelvic Floor Disorders:

FACT

— versus —

FICTION



FICTION: Pelvic floor disorders only affect women as they get older or after menopause.

FACT: Women of any age can develop a pelvic floor disorder, though the risk is greater as they get older or with menopause. Other risk factors include childbirth, a prior hysterectomy, being overweight, and smoking.

FICTION: Pelvic floor disorders only affect women who've had a baby.

FACT: Pelvic floor disorders can affect any woman at any age, though the risk is greater for women who've had a baby – especially with vaginal deliveries. Other risk factors include menopause, a prior hysterectomy, being overweight, and smoking.

FICTION: Urinary/bowel leakage and accidents are an embarrassing but natural part of getting older.

FACT: Urinary/bowel leakage is common, but it is nothing to be ashamed of. And it's not something you have to live with, as there are many surgical and non-surgical treatments available today.

FICTION: Pelvic floor disorders are not easy to treat, so I should just learn to live with my symptoms.

FACT: Many treatments for pelvic floor disorders are available, and they often help manage or eliminate symptoms. As a leading academic medical center that participates in clinical trials, UAB Medicine may offer promising new treatments that are not available elsewhere, along with highly trained providers.

FICTION: Pelvic organ prolapse is a rare type of pelvic floor disorder.

FACT: Pelvic organ prolapse is when one or more pelvic organs drop from their position. This makes a bulge in the vagina, called a prolapse. Pelvic organ prolapse affects about 40% of women at some point in their lives.