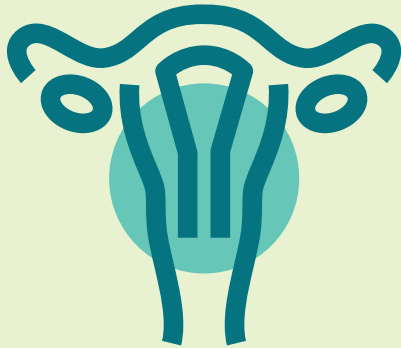


Pelvic Organ Prolapse *in Women*



Pelvic organ prolapse is a condition caused by weakened tissue and muscles in the pelvic floor. This allows a surrounding structure, such as the bladder, to slip down and sometimes bulge into the vagina.

What is the pelvic floor?

In women, the pelvic floor includes the bladder, the uterus (womb), and the last section of the bowel (rectum).

How common is it?

About 40% of women are affected by pelvic organ prolapse, and the risk tends to increase with age.

What causes it?

Pelvic organ prolapse is sometimes related to childbirth, but it can be caused by many other factors including heavy lifting, being overweight, and chronic straining.

What are the symptoms?

Common symptoms include pressure or heaviness in the pelvic area and trouble emptying the bladder or bowels. Some women describe it as feeling like they're sitting on an egg.

What are the different types?

Bladder prolapse is the most common type of female pelvic organ prolapse, which is sometimes known as vaginal prolapse or genital prolapse. If the womb slips down, it is called uterine prolapse. Other types affect the urethra or rectum.

How is it treated?

For some women, the condition is mild and may not require treatment, though it can get worse over time. Many treatments are available, including surgical and non-surgical options.

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