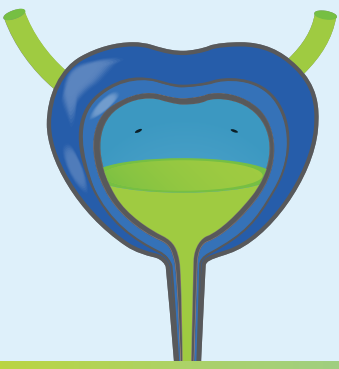


# 4 MYTHS and FACTS about Pelvic Floor Disorders

**Myth #1** > Bladder problems are a normal part of aging.

**Fact** > Urinary incontinence and leakage can be traced back to real medical problems that have real solutions. **Talk to your doctor about your symptoms and find what tests are available to help you get answers.**



Everybody leaks a little when they laugh too hard, sneeze or cough.

Stress incontinence is a specific medical diagnosis related to anatomical issues of the bladder or urethra. Urine leakage – whether it's a few drops or enough to overflow a heavy pad – **is NOT a normal response to laughing, sneezing or coughing.**

**Stress versus urge incontinence:** when your pelvic muscles weaken, and are too relaxed, any stress on your bladder — sneezing, coughing, lifting, exercising — might cause leakage. Urge incontinence is associated with bladder muscles contracting involuntarily. Overall, urinary incontinence affects **18** million American women.

**Myth #2**

**Fact**



**Myth #3** > After giving birth, it's normal to feel pressure or bulging in the vagina.

**Fact** > Pelvic organ prolapse happens when the bladder or reproductive organs slip out of place for a variety of reasons. The muscles and ligaments that make up your pelvic floor can become weak and allow the bladder, uterus or vaginal wall to slip and bulge, making you feel pressure, pain or a sensation that something is dropping. There are non-surgical treatments that can help correct these problems.



I need to see three or four doctors to have my pelvic issues resolved.

You might start by talking to **your primary care doctor or your gynecologist**, but once a pelvic issue has been detected, you can get a referral to a urogynecologist. This is a specialist in pelvic floor problems that affect the internal organs, including the bowel, bladder, uterus, vagina and rectum. Urogynecologists have completed medical school and a residency in Obstetrics and Gynecology or Urology. Then they complete additional years of fellowship training and certification in Female Pelvic Medicine and Reconstructive Surgery.

**Myth #4**

**Fact**



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with questions or visit **baptistjax.com/4her.**