



Spotlight: Pelvic Organ Prolapse

Pelvic organ prolapse is a common but sometimes misunderstood gynecologic problem.

What is pelvic organ prolapse?

Prolapse of the organs is simply used to describe sagging, bulging or falling of the organs supported by the pelvic floor. Pelvic organ prolapse occurs when pelvic organs protrude into the vagina, which can be associated with weakened or damaged pelvic muscles. Pregnancy, childbirth, repeated strain on the pelvic region (for example, from heavy lifting or straining during bowel movements), excessive weight, and age all can be factors in weakened or damaged pelvic floor muscles.

Types of prolapse

There are many types of prolapse, such as:

- Cystocele - Prolapse or bulging of the bladder into the vagina
- Rectocele - Prolapse or bulging of the rectum into the vagina
- Enterocele - Prolapse or bulging of the small intestine into a space between the rectum and vagina
- Uterine prolapse - Prolapse or descent of the uterus into the vagina

What are the treatment options for pelvic organ prolapse?

Treatment of prolapse usually depends on how much the patient is bothered by her symptoms. Conservative treatments include pelvic floor muscle exercises (available through our Incon Therapy program), pessaries, and dietary changes. Reconstructive pelvic surgery is highly effective in correcting pelvic organ prolapse for women who are more bothered by their symptoms. Short stay procedures

include laparoscopic and robotic-assisted sacral colpopexy and vaginal reconstruction with or without mesh implantation. Urinary incontinence is a frequent symptom associated with pelvic prolapse and can be addressed at the same time or as a separate minor procedure.

To learn more...

Learn more about pelvic organ prolapse at www.bogg.com. Click on "gynecology—urogynecology and pelvic muscle disorders—pelvic organ prolapse." Browse the helpful collection of educational diagrams and links for more information.

Personalized care

Our providers can diagnose pelvic organ prolapse and recommend the best treatment methods. Contact our office if you have additional questions!



Are You Getting Enough Folic Acid?

A recent large-scale study on folic acid highlights the importance of this beneficial vitamin, especially for women who may become pregnant or who are currently pregnant. Are you getting enough folic acid? National guidelines recommend that women of child-

bearing age get 400 mcg to 800 mcg of folic acid daily, which is available in most over-the-counter multivitamins. Some women with specific health issues may need higher doses. Check with your healthcare provider if you have specific questions!



The Affordable Care Act and You

Did you know? The Affordable Care Act mandates health insurance companies to cover breast pumps and visits to lactation consultants, as well as other women's health services. Although there may be certain provisions and ef-

fective dates with your own health insurance carrier, it may be worth a call to your insurance carrier to find out more about your policy's coverage!

Planning Ahead for the Summer Months

Attention college students: Will you be returning home for the summer? Now is a great time to plan ahead! Consider booking your medical appointments now for the best summertime availability. Planning for your appointments early in the summer will allow you plenty of time in case you need to reschedule. Avoid the last minute crunch before you head back to school in the fall!

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