

B R O A D

M E D I C A L G R O U P

PREGNANCY CARE



INFORMATIONAL BROCHURE

PELVIC ORGAN PROLAPSE

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What is pelvic organ prolapse?

Pelvic organ prolapse happens when the muscles and tissues supporting the pelvic organs (the uterus, bladder, or rectum) become weak or loose. This allows one or more of the pelvic organs to drop or press into or out of the vagina. Many women are embarrassed to talk to their doctor about their symptoms or think that their symptoms are normal. But pelvic organ prolapse is treatable.

The pelvic muscles and tissues support the pelvic organs like a hammock. The pelvic organs include the bladder, uterus and cervix, vagina, and rectum, which is part of the bowel. A prolapse happens when the pelvis muscles and tissues can no longer support these organs because the muscles and tissues are weak or damaged. This causes one or more pelvic organs to drop or press into or out of the vagina.

Pelvic organ prolapse is a type of pelvic floor disorder. The most common pelvic floor disorders are:

- Urinary incontinence (leaking of urine)
- Fecal incontinence (leaking of stool)
- Pelvic organ prolapse (weakening of the muscles and tissues supporting the organs in the pelvis)

What are the different types of pelvic organ prolapse?

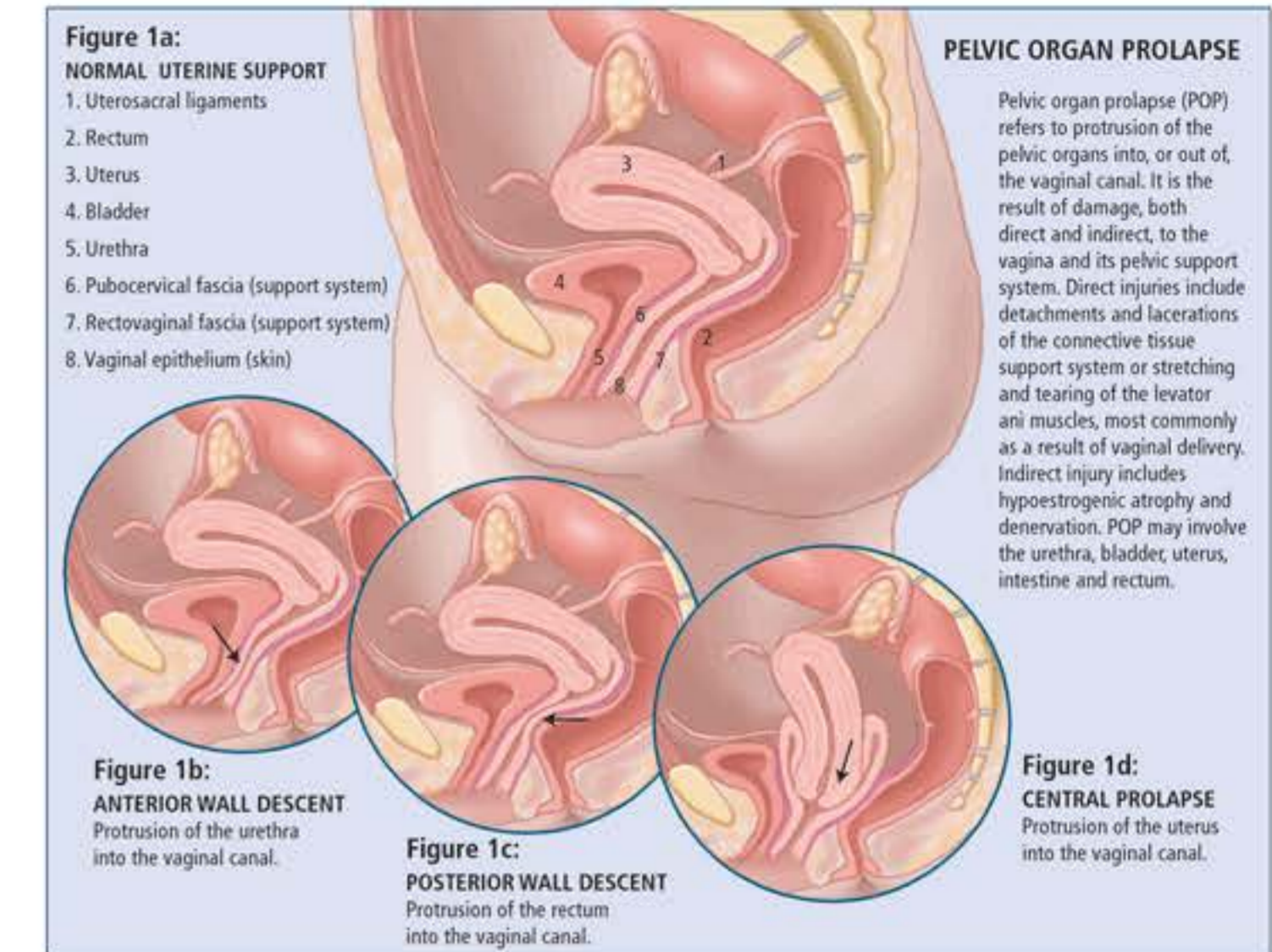
The different types of pelvic organ prolapse depend on the pelvic organ affected. The most common types include:

Dropped bladder (called cystocele). This is the most common type of pelvic organ prolapse. This happens when the bladder drops into or out of the vagina.

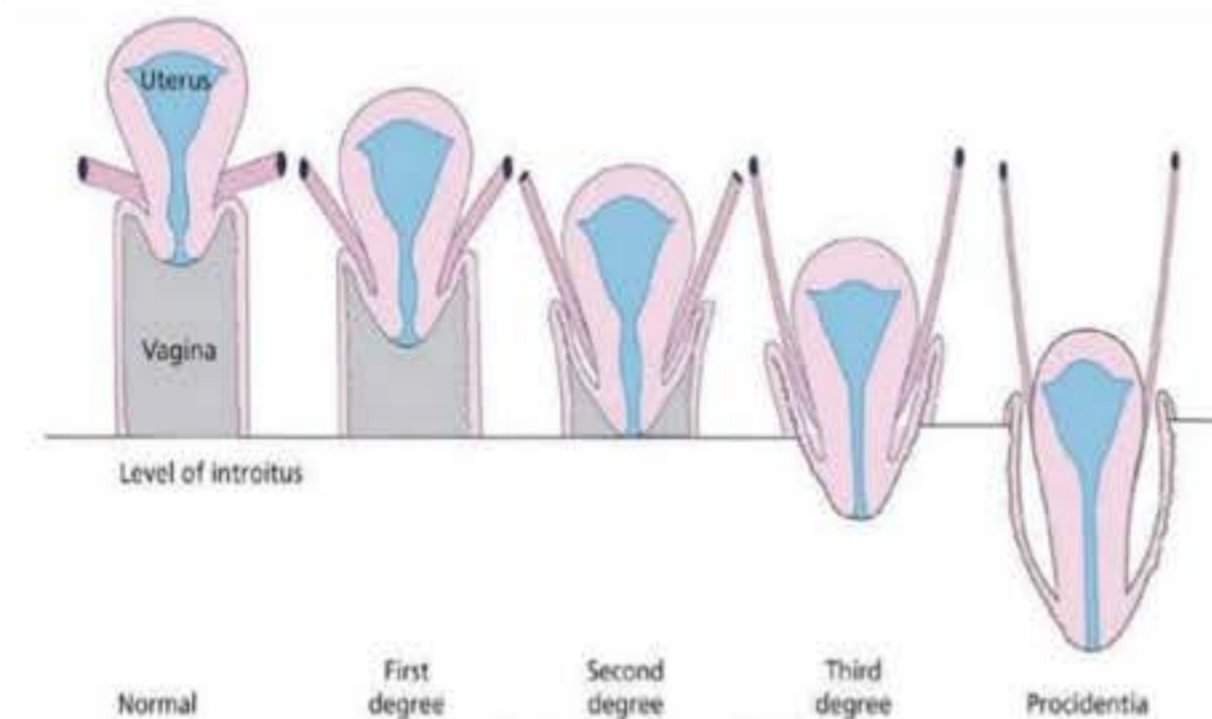
Rectocele. This happens when the rectum bulges into or out of the vagina.

Dropped uterus (uterine prolapse). This happens when the uterus bulges into or out of the vagina. Uterine prolapse is sometimes associated with small bowel prolapse (called enterocele), where part of the small intestine, or small bowel, bulges into the vagina.

Although it is rare, pelvic organ prolapse can also happen after a hysterectomy. Any part of the vaginal wall may drop, causing a bulge into or out of the vagina.



GRADING



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