



## TALKING TO YOUR PATIENT ABOUT PELVIC FLOOR DISORDERS

**One out of every three women will suffer from a pelvic floor disorder, yet many cases go unreported and undiagnosed.** That's because many patients are uncomfortable discussing their symptoms, or assume the symptoms are an unavoidable and untreatable consequence of aging.

In fact, a variety of surgical and nonsurgical treatments can significantly improve function and alleviate pain and inconvenience.

If you suspect that your patient may suffer from a pelvic floor disorder, talk to her about the symptoms and treatment options. These questions will help you to get the conversation started.

### QUESTIONS FOR YOUR PATIENT

- **Do you find that you often want to know or check out where the nearest bathrooms are because you have to go a lot more frequently?**
- **Does urinating feel uncomfortable? Do you feel that you have less control than you used to – for example, if you sneeze, do you sometimes experience “leaks?”**
- **Do you find that you need to use pads other than for menstrual periods?**
- **Do you worry about having bowel accidents?**
- **Do have discomfort or a sense of heaviness or pressure in the pelvic area?**
- **Do you feel that some of your organs, such as your vagina, uterus or rectum have shifted or become noticeable to you?**

**IT'S TIME TO TALK ABOUT PELVIC FLOOR DISORDERS.**

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