



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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