

Fast Facts

Uterine Prolapse

- When the pelvic muscles and supportive tissues (ligaments) weaken and stretch, which means they no longer support the uterus, resulting in the uterus slipping down into the vagina or protruding from the vagina
- Can occur at any age, but most often affects postmenopausal women who've had one or more vaginal deliveries
- Causes are pregnancy, difficult labor and delivery or trauma during childbirth, delivery of a large baby, being overweight/obese, lower estrogen level after menopause, chronic constipation or straining with bowel movements, chronic cough or bronchitis, or repeated heavy lifting
- Other risk factors are prior pelvic surgery, family history of weakness in connective tissue, and being white or Hispanic
 - Often, symptoms get worse as the day goes on

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Mild:</i></p> <ul style="list-style-type: none"> -No symptoms <p><i>Moderate/Severe:</i></p> <ul style="list-style-type: none"> -Sensation of heaviness/pulling in your pelvis -Tissue protruding from your vagina -Urinary problems (incontinence or retention) -Trouble having a bowel movement -Feeling as if you're sitting on a small ball or as if something is falling out of your vagina -Sexual concerns (a sensation of looseness in the tone of your vaginal tissue) -Ulcers on vaginal lining if it protrudes and rubs on clothing 	<ul style="list-style-type: none"> -Depends on the severity <p><i>Mild:</i></p> <ul style="list-style-type: none"> -Lifestyle changes (also considered preventative techniques) <p><i>Moderate:</i></p> <ul style="list-style-type: none"> -Vaginal pessary <p><i>Severe:</i></p> <ul style="list-style-type: none"> -Surgery to repair the weakened pelvic floor tissues -Hysterectomy 	<ul style="list-style-type: none"> -Perform Kegel exercises regularly -Treat/prevent constipation by drinking plenty of water and eat high-fiber foods, like fruits, vegetables, beans, and whole-grains -Avoid heavy lifting -If lift anything, especially if it's heavy, do so correctly by using legs instead of your waist or back -Get treatment for a chronic cough or bronchitis -Don't smoke -Avoid weight gain by eating a healthy diet and getting regular exercise

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