TREATMENT FOR PELVIC ORGAN PROLAPSE

An estimated 34 million women worldwide are affected by pelvic organ prolapse, yet many women are often too embarrassed to discuss the problem with their doctor. Chesapeake Urology pelvic health specialists understand a woman’s unique needs and offer multiple treatment modalities for prolapse.

DIAGNOSING PELVIC ORGAN PROLAPSE

A Chesapeake Urology physician will take a woman’s detailed medical history, performing a physical exam and determining the strength and function of the pelvic floor muscles. Additional diagnostic tests may include:

- CT, MRI or pelvic ultrasound
- Cystoscopy
- Bladder function test
- Urodynamic testing

HOW IS PELVIC ORGAN PROLAPSE TREATED?

First line, non-surgical treatments include:

- **Physical therapy** – Helps strengthen and tighten pelvic floor muscles through targeted pelvic floor muscle exercises
- **Vaginal pessary** – A small device placed inside of the vagina to support the vagina and reinforce the pelvic floor muscles and surrounding pelvic organs. Chesapeake Urology’s dedicated pessary specialists custom fit a pessary to ensure maximum comfort and effectiveness
- **Medical therapy** – Transvaginal estrogen cream helps strengthen the muscles and tissues in and around the vagina

SURGICAL TREATMENT OPTIONS FOR PELVIC ORGAN PROLAPSE

INCLUDE:

- **Hysterectomy** – Performed minimally invasively, this procedure treats uterine prolapse
- **Vaginal vault suspension** – The vagina is attached to strong tissue in the pelvis or to the sacral bone located at the base of the spine
- **Cystocele and rectocele repair** – Through an incision in the vaginal wall, prolapsed organs are pushed up into proper place and secured
- **Robotic sacral colpopexy** – Through small abdominal incisions, mesh is inserted and used to hold the pelvic organs in their correct, natural position

More information on back...
MEET CHESAPEAKE UROLOGY’S PELVIC HEALTH SPECIALISTS:

Andrew Shapiro, M.D., F.A.C.S.
Certified by the American Board of Urology
Fellow of the American College of Surgeons
Director, Chesapeake Urology Center for Continence and Pelvic Floor Dysfunction
Fellowship trained in female urology, neurourology and urinary tract reconstruction

**Areas of specialty:** Urinary incontinence, pelvic prolapse, voiding dysfunction, neurourology and complex neurogenic bladder cases

Conrad Duncan, M.D., F.A.C.O.G., F.A.C.S.
Certified by the American Board of Obstetrics and Gynecology
Board-certified in Urogynecology
Fellow of the American Congress of Obstetricians and Gynecologists
Fellow of the American College of Surgeons

**Areas of specialty:** Urogynecology including minimally invasive GYN surgery including robotic surgery, female urinary incontinence, overactive bladder, pelvic organ prolapse, fecal incontinence, abnormal uterine bleeding/fibroids, interstitial cystitis, chronic pelvic pain, and vaginal birth injuries

Lisa Hawes, M.D.
Certified by the American Board of Urology

**Areas of specialty:** Female urologic conditions including incontinence, pelvic prolapse, urinary tract infections and interstitial cystitis; kidney stone disease and conditions

Kelly Johnson, M.D.
Fellowship trained in female urology, neurourology and urinary tract reconstruction
American Board of Urology Board Eligible

**Areas of specialty:** Female urology, neurourology, pelvic reconstructive surgery, urinary incontinence, pelvic prolapse, chronic pelvic pain, interstitial cystitis and complex neurogenic bladder cases

Kannan Manickam, M.D.
Certified by the American Board of Urology
Fellowship trained in female urology, urodynamics, pelvic floor and urinary reconstruction, and sacral neural modulation

**Areas of specialty:** Female incontinence and pelvic prolapse conditions

Kaiser Robertson III, M.D., F.A.C.S.
Certified by the American Board of Urology
Fellow of the American College of Surgeons

**Areas of specialty:** Urinary incontinence and pelvic reconstructive surgery

Victoria Staiman, M.D., F.A.C.S.
Certified by the American Board of Urology
Fellow of the American College of Surgeons

**Areas of specialty:** Female incontinence and pelvic prolapse, urinary tract infections, hematuria, voiding dysfunctions and kidney stone disease

Ally Gordon, PA.

**Areas of specialty:** work with prolapse patients to provide custom fit vaginal pessaries to treat pelvic organ prolapse. She also teaches women how to care for and maintain the pessary for optimal results.

Sondra Beth Barker, CRNP, MS, RN
Working with urogynecologist Dr. Conrad Duncan, Sondra is a women’s health nurse practitioner who specializes in urogynecology.

**Areas of specialty:** Incontinence services including management of stress urinary incontinence and overactive bladder treatment programs, tibial nerve stimulation, urodynamics studies and medication management, as well as pelvic floor disorder services including management of chronic pelvic pain and interstitial cystitis, bladder instillations, vaginal pessary fitting and placement, medical therapy for pelvic organ prolapse, and sexual dysfunction

Speak with a Chesapeake Urology specialist today to find the best solution to your patient's pelvic organ prolapse. Call 877-771-9508, or visit us on the web at www.chesapeakeurology.com.

877-771-9508