

## TREATMENT FOR PELVIC ORGAN PROLAPSE

### WHAT IS PELVIC ORGAN PROLAPSE?

Pelvic organ prolapse occurs when pelvic structures, such as the bladder, uterus, or rectum bulge or protrude into the vaginal wall. This often results in pressure, discomfort and vaginal pain.

### COMMON SYMPTOMS OF PELVIC ORGAN PROLAPSE:

- A bulge or lump in the vagina
- Pulling or stretching feeling in the lower groin area
- Difficult or painful intercourse
- Vaginal pain, pressure, irregular bleeding or spotting
- Frequent need to urinate (overactive bladder)
- A feeling that the bladder is not emptying completely (stress urinary incontinence)

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 of Chesapeake Urology;  
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](http://www.chesapeakeurology.com).

877-771-9508