

Find Hope

FOR PELVIC FLOOR DISORDERS




Advent Health

Feel Like Yourself Again

At AdventHealth, our approach to treating complex urogynecological and colorectal conditions is to relieve your symptoms and discomfort using the most efficient, effective treatments. Our experts have special training in non-surgical and surgical interventions for pelvic floor dysfunction. If surgery is the best option for you, we'll use advanced minimally invasive robotic surgery methods whenever possible that are designed to reduce pain and speed up recovery.

Pelvic Floor Issues

Roughly one in three women are affected by pelvic floor disorders that can lead to urinary incontinence, pelvic organ prolapse or pelvic discomfort. It's common for women with pelvic floor disorders to also experience frequent urinary tract infections. We offer comprehensive urogynecologic, colorectal and pelvic rehabilitation services specifically designed to help women of all ages improve their health and restore their quality of life.

Urinary Incontinence

Urinary incontinence is a loss of bladder control, which can range from mild urinary leaking to uncontrollable wetting. While this condition can affect anyone, it becomes more common with age. In some cases, urinary incontinence is a temporary symptom of an underlying condition that, once treated, may relieve your incontinence. Treatment plans are customized based on your symptoms and lifestyle and may include exercises, medicines, special devices or surgery.



Pelvic Organ Prolapse

Common causes of pelvic floor damage include childbirth, repeated heavy lifting, straining for bowel movements, some chronic diseases, and surgery. But rest assured that our expert teams know how to help.

Cystocele

This condition occurs when the vaginal wall below the bladder weakens, causing the bladder to slip out of its correct position and drop into the vagina. The muscles and ligaments that typically hold the vagina stretch out and become weak — allowing the back of the bladder to bulge against the vagina.

Uterine Prolapse

This occurs when the muscles and ligaments in the pelvis that hold the uterus and the top of the vagina get weak. This can allow the uterus to slide into the vagina, or even come outside the vaginal opening in some cases.

Vaginal Vault Prolapse

This sometimes occurs after a hysterectomy, when the top of the vagina loses its shape and descends into the vaginal canal or even outside the vagina.

Rectocele

This condition occurs when the rectum wall stretches out as a result of vaginal wall weakness, allowing the rectum to push into the vaginal wall. This disorder is often associated with constipation.



AdventHealth

Your Pelvic Health Guidebook

Call **833-779-6870** to make your appointment.

Minimally Invasive Surgery

Whenever possible, we treat urogynecologic issues without surgery. But if it's necessary for your long-term health and comfort, know that our minimally invasive options offer:

- Faster recovery time
- Less pain after surgery
- Lower risk of complications
- Lower risk of infection and bleeding



Pelvic Floor Physical Therapy

When your pelvic floor muscles are too tight or too weak, they can cause incontinence or even pain. Our physical therapists have special training in pelvic floor disorders and can provide treatments to improve bowel and bladder function, pelvic pain, abdominal/organ conditions, pelvic bones, hip pain, and low back/sacral and coccygeal disorders.

Our compassionate team is made up of experienced clinicians, many of whom are board-certified in women's health. Using the latest advances in technology, they will guide you through targeted rehabilitation, including pelvic-floor therapy, computerized biofeedback, strengthening and relaxation techniques, and create tailored at-home programs.

Physical therapists provide hope and healing for women suffering from pelvic floor disorders. Our ultimate goal is to help relieve your discomfort and improve the quality of your everyday life.



Your Whole Health, Your Whole Life

At AdventHealth, we do so much more than provide treatment for health issues. Our approach to whole-person care is focused on our patients' overall well-being from early womanhood to the cherished golden years, offering a full spectrum of health services that meet your changing needs.

Your Network of Care

With nationally recognized, award winning care, your AdventHealth network of care gives you access to a full range of connected health care services through every age and stage of life. We're here to help you feel whole.



Symptom Check

If you have minor symptoms, you might be questioning whether you need to see one of our urogynecology specialists. Since minor symptoms can sometimes turn into bigger issues, we recommend you call us if you're experiencing any of the following:

- Chronic or functional constipation
- Fecal incontinence
- Frequent or urgent urination
- Leaking urine when laughing or coughing
- Painful urination
- Pressure and pain in your vagina, bladder or rectum
- Unable to fully empty bladder
- Vaginal bulging

What happens next?

1. Meet with a physician

Call us to make an appointment. One of our specialists will take the time to listen to you in person, ask you questions and possibly run a few tests.

2. Treatment plan

If a condition or issue is diagnosed, you and your doctor will create a customized plan of treatment designed to address your concerns and remedy your condition.

In Office

A wide range of in-office therapies are available to address urinary incontinence and prolapse.

Pelvic Floor Physical Therapy

A period of rehabilitation may be prescribed to include activities like Kegel exercises or bladder retraining.

Medications

This could range from over-the-counter to prescribed medications or hormone therapy.

Surgery

Whenever possible, we use minimally invasive surgical techniques, which result in less pain and quicker recoveries.



Contact Us

If you have any questions or would like to make an appointment with a specialist, please call 833-779-6870. We're here to support you every step of the way.

This guide is provided to the general public to disseminate health-related information. The information is not intended to be used for diagnosing or prescribing. Please talk to your doctor before undertaking any form of medical treatment and/or adopting any exercise program or dietary guidelines.

AdventHealth is a trusted member of one of America's largest, not-for-profit health care systems.

