

Prolapse

Prolapse is a common gynaecological condition affecting up to 90% of women. Although extremely common, only about 11% of women will require surgery due to prolapse. Many women will complain of a dragging sensation, a lump down below, and difficulty with voiding or emptying the bowels.

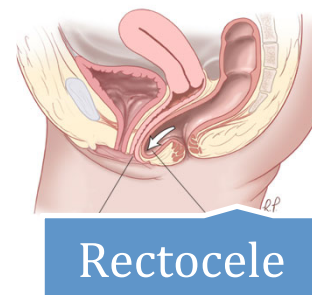
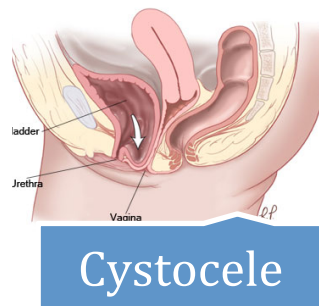
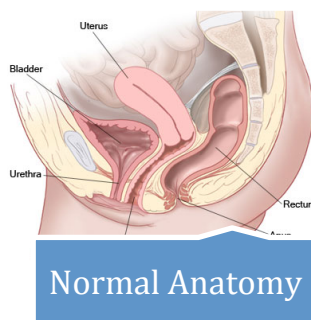
Should I worry about my Prolapse?

If you feel your prolapse is affecting your quality of life, then you should be reviewed by a gynaecologist. It is extremely rare that a prolapse will result in significant medical complications and if your prolapse is not bothersome then you can usually leave it be

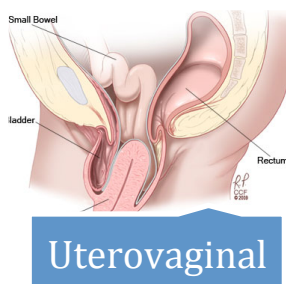
There are many different types of prolapse and so different options for management. Not every woman with a prolapse requires surgery. The first step is to have your medical history taken. This will help to see what may have contributed to your prolapse and if there are lifestyle modifications that can be undertaken to improve your symptoms.

The next step to be examined; Yes we know that this is extremely embarrassing for you, however remember this is my normal day. The aim is not to cause distress to our women and if you feel this way please talk to us.

Depending on the type of prolapse and how it is affecting your quality of life, will help to formulate a management plan. For some women this may entail weight loss, control of other medical conditions and referral to a physiotherapist. For other women a pessary may be fitted. A Pessary is a silicon device that is inserted into the vagina to lift the prolapse. There are various types of pessaries and it depends on each lady to which ones are used. Some women may require surgery to help with symptoms. There are various different operations that can be performed and will be discussed with you if this may be required.



<http://my.clevelandclinic.org/services/urology-kidney/diseases-conditions/vaginal-prolapse>



If you feel that you may have a prolapse please see your GP to have a referral to the rooms. If you have any questions please call the rooms on 4931 8730

Dr Tanya Davenport 2015