Women's Pelvic Organ Prolapse and Incontinence Guide Informs, Outlines Treatments

Cleveland Clinic's new guide for women--Treatment Options for Incontinence and Pelvic Organ Prolapse--provides helpful information about the common conditions of urinary incontinence and pelvic organ prolapse. It explains the two types of incontinence and defines their symptoms, as well as the symptoms of pelvic organ prolapse. Finally, treatment options are detailed, including surgical as well as non-surgical methods.

Cleveland, OH (PRWEB) September 22, 2009 -- Nearly one-fourth of all women in the United States have some sort of pelvic floor disorder such as urinary incontinence or pelvic organ prolapse, and more women are likely to be affected as they get older. These statistics underscore the need for increased education about the prevention and treatment of incontinence and pelvic organ prolapse. A new PDF guide from Cleveland Clinic's Center for Female Pelvic Medicine and Reconstructive Surgery does exactly that.

The incontinence and pelvic organ prolapse guide reveals treatments for both incontinence and pelvic organ prolapse. The treatments for incontinence range from simple exercises and bladder training to more sophisticated interventions such as electrical stimulation, biofeedback, and surgical therapies. The surgical therapies include outpatient procedures like the vaginal sling and neuromodulation.

"Women need to understand that these disorders are often a common part of the aging process, and that there is no shame in seeking treatment for incontinence and related pelvic floor disorders," says Dr. Marie Fidela Paraiso, of the Ob/Gyn & Women's Health Institute. "At Cleveland Clinic, we have a comprehensive team that provides state-of-the-art treatment options including both non-surgical and minimally-invasive surgical techniques that offer quick recovery."

"The urogynecologists and urologists at Cleveland Clinic have vast experience in treating vaginal prolapse, urinary incontinence, and neurogenic and overactive bladder," says Dr. Sandip Vasavada, of the Glickman Urological & Kidney Institute. "And our team is specially trained to diagnose incontinence and pelvic organ prolapse using basic and advanced urodynamic testing."

Experience matters. Cleveland Clinic's urology and gynecology programs are ranked among the best in the nation and number one in Ohio by U.S.News & World Report.

The treatments for pelvic organ prolapse include laparoscopic and robotic-assisted reconstructive surgery as well as a newer development that uses supportive vaginal mesh. Both procedures restore vaginal anatomy and relieve associated symptoms. More information on incontinence and pelvic organ prolapse treatment options is available in the new downloadable PDF guide from Cleveland Clinic.

About the Center for Female Pelvic Medicine and Reconstructive Surgery:
Cleveland Clinic's Center for Female Pelvic Medicine and Reconstructive Surgery is a state-of-the-art, specialized center offering a multidisciplinary team approach for women with urological conditions. The center provides individualized treatment with the latest procedures targeted at comprehensive evaluation and
management of disorders from urinary and fecal incontinence to pelvic organ prolapse, in addition to offering complex pelvic reconstruction by open, vaginal, laparoscopic, and robotic-assisted routes, urethrovaginal reconstruction, fistula repair, neuromodulation, vaginal aesthetics, and treatment for bladder, vulvar, and vaginal pain disorders as well as management of complications of vaginal surgery.

About Cleveland Clinic:
Cleveland Clinic, located in Cleveland, Ohio, is a not-for-profit multispecialty academic medical center that integrates clinical and hospital care with research and education. Cleveland Clinic was founded in 1921 by four renowned physicians with a vision of providing outstanding patient care based upon the principles of cooperation, compassion and innovation. U.S. News & World Report consistently ranks Cleveland Clinic among the nation's top four hospitals in its annual "America's Best Hospitals" survey. Approximately 1,800 full-time salaried physicians and researchers at Cleveland Clinic and Cleveland Clinic Florida represent more than 100 medical specialties and subspecialties. In 2007, there were 3.5 million outpatient visits to Cleveland Clinic and 50,455 hospital admissions. Patients came for treatment from every state and from more than 80 countries. Cleveland Clinic's Web site address is http://www.clevelandclinic.org.

The information contained in this communication was developed by Cleveland Clinic's Marketing Department.

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Contact Information
Megan Ferington Pruce
Cleveland Clinic
http://www.clevelandclinic.org
216-445-7452

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