



# Prolapsed Uterus



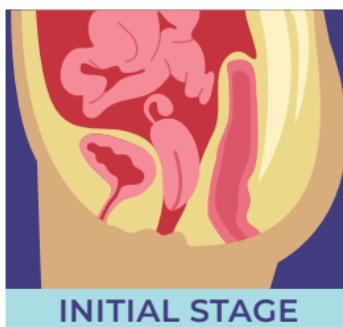
*The uterus (womb), an upside down pear-shaped organ located in the female reproductive system, is supported by ligaments which hold it in place. The uterus falls down from its original position towards the vagina because of the weakening of these ligaments. Prolapsed uterus, known as Pelvic organ prolapse or Uterine prolapse, is the dropping of the uterus into the vaginal passage.*

## **What causes the uterus to prolapse?**

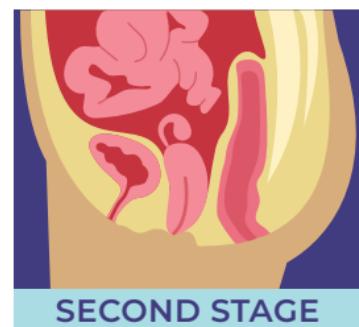
**It can occur due to multiple reasons:**

- Multiple pregnancies and vaginal deliveries
- If the baby born is bigger than usual babies
- Undergoing hysterectomy
- Decreased levels of Estrogen after menopause
- Obesity
- Constipation for a long time period
- Constant coughing and straining because of chronic health conditions
- Regularly lifting heavy weights
- Pelvic tumour in certain cases
- Fibroids

## Depending on the degree of descent, Uterine prolapse can be classified into four stages:



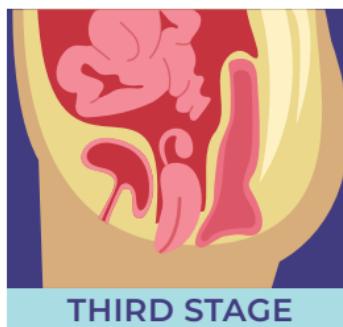
INITIAL STAGE



SECOND STAGE

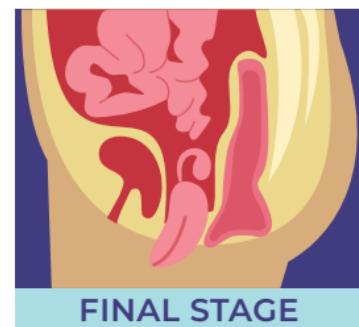
The uterus is in the upper portion of the vaginal canal

When the uterus has almost reached the vaginal opening



THIRD STAGE

The uterus protrudes from the vaginal opening



FINAL STAGE

The uterus has entirely exited the vaginal canal

## Symptoms of uterine prolapse

- The feeling of pressure and heaviness in the vaginal area and lower abdomen
- The feeling of something moving downwards into the vagina
- There may be a visible lump or protrusion in the vaginal canal
- You may see a lump projecting from the vaginal opening
- Discomfort or pain during sexual intercourse
- Uneasiness during peeing i.e., you may not be able to completely empty your bladder or you may need to visit the toilet more frequently

Certain women do not experience these symptoms and Uterine prolapse may be detected only when examined for other reasons.

# Treatment for prolapsed uterus

Treatment of a Uterine prolapse differs as per the stages of the uterine prolapse. Basically, pelvic floor exercises, insertion of vaginal pessaries, lifestyle modification, hormonal therapy, or surgeries in severe cases are suggested. In mild to moderate cases of prolapsed uterus, treatment is not required. Here are the treatment options:

- **Lifestyle modification:** Eat healthy and fibrous foods to avoid constipation, do not lift heavy objects, and if you are overweight, you may have to lose weight.
- **Pelvic floor exercises:** These exercises are performed to strengthen pelvic floor muscles. To guarantee proper performance, consult a pelvic floor physiotherapist or your doctor. These exercises can be done while standing, sitting, or laying down. Preferably, you should participate in five or six sessions every day to learn these exercises.
- **Hormone therapy:** There are various ways to incorporate hormonal (Estrogen) therapy which can be, via vaginal cream, via pill insertion into your vaginal canal and by usage of a vaginal ring that releases Estrogen.
- **Vaginal pessaries:** Vaginal pessaries are composed of silicone or rubber that is used to support the pelvic organs and vaginal walls by inserting it into the vagina. Depending on your requirements, vaginal pessaries come in various forms and sizes.
- **Surgery:** Pelvic organ prolapse can be treated in various ways, surgical repair is one of them. Depending on the level of your prolapse, hysterectomy, vaginal mesh surgery, or sealing the vaginal opening are the other surgical procedures that your doctor may suggest.

# Prevention is better than cure!

A few tips are mentioned below that you can follow to prevent Uterine prolapse:

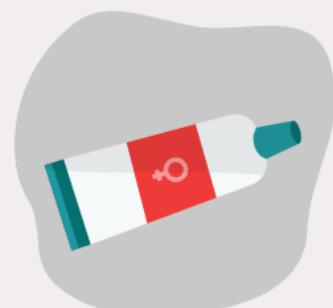
- Perform pelvic floor exercises during pregnancy and after vaginal delivery.



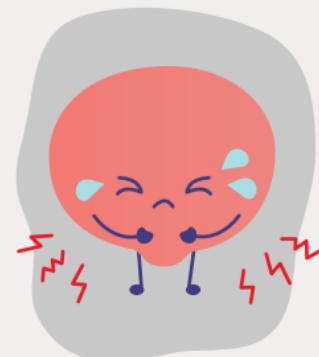
- Lose weight if necessary, maintain a healthy diet and perform regular exercise.



- Apply Estrogen cream to improve low hormone levels after menopause along with pelvic floor exercises.



- Treat chronic constipation by eating fibrous food. **Do not strain** when using the toilet. Moreover, treat other health problems such as Chronic Bronchitis and Asthma.





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Please contact your doctor for more details.