What is a Pelvic Floor Disorder (PFD)?
Pelvic floor disorders (PFDs) occur when the muscles, ligaments, and connective tissue that form the pelvic floor and work as a “sling” to support the pelvic organs (bowel, bladder, uterus, vagina, rectum) become weakened and/or damaged. This can lead to abnormal functioning of the pelvic organs, resulting in bladder issues such as urine leakage (urinary incontinence) or overactive bladder (urinating too frequently), pelvic organ prolapse (vaginal bulging), or bowel leakage (fecal incontinence).

Diagnosis
Yale Urology has specialty-trained urologists and gynecologists who treat female pelvic floor disorders called Female Pelvic Medicine and Reconstructive Surgery specialists (FPMRS). During your appointment, they will ask you a series of questions to gain insight into your medical history and will perform a physical exam to evaluate your pelvic floor. Additional testing may include urodynamics to evaluate bladder function or a cystoscopy to look inside the bladder.

Yale Urology
Pelvic Floor Disorders

Pelvic Floor Disorders are treatable and should be evaluated and managed by a specialty-trained urologist or gynecologist.

Appointments: (203) 785-2815
TREATMENT OPTIONS

Pelvic floor disorders can often be successfully treated without surgery. Depending on the severity of your condition, our providers will work with you to determine the best option for managing your symptoms and meeting your treatment goals. Options may include lifestyle changes, physical therapy, or surgery.

Lifestyle Changes

Maintaining a healthy weight can help alleviate stress on your pelvic floor and in some individuals, can reduce episodes of incontinence by more than 50%. Small changes, such as being mindful of fluid intake and reducing caffeine, which can irritate the bladder, can provide relief of urinary incontinence or overactive bladder symptoms.

Physical Therapy

Pelvic floor physical therapy is a common treatment for pelvic floor disorders, with many women noticing a significant improvement in their symptoms as a result. In some instances, pelvic floor muscle exercises, or Kegels, are another way to help strengthen the pelvic floor muscles and gain relief.

Pessary

A pessary is a small flexible device made of silicone that is inserted into the vagina and is one option to provide support for vaginal or uterine prolapse to reduce bulge symptoms. Some pessaries can also help compress the urethra to decrease urine leakage.

Surgery

Surgery is another treatment option for certain patients diagnosed with a pelvic floor disorder and can often be performed as an outpatient procedure. Our team offers minimally invasive procedures for individuals with pelvic organ prolapse, urinary incontinence, overactive bladder, and fecal incontinence. When considering surgery, it is important to talk with your doctor to understand the benefits and risks and potential for improvement in your lifestyle and activities important to you.

Coordinated, Personalized Care

Our multidisciplinary team will work together with you to develop an individual treatment plan that fits your lifestyle and helps to restore your quality of life.

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