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# Pelvic Organ Prolapse

Pelvic organ prolapse (POP) occurs when the organs inside the pelvis, such as the uterus, urethra, or bladder, protrude toward or through the opening of the vagina. POP can be thought of as a "female hernia."

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This condition is caused by weakness of the pelvic floor. The pelvic floor consists of the muscles, nerves, and connective tissue that surround the uterus, vagina, bladder, and rectum, providing support and helping these organs function properly. When these support structures become weakened, the pelvic organs can begin to fall out of their normal position. The movement of these organs, or prolapse, may make it more difficult for these organs to function normally.

Other names for pelvic organ prolapse include cystocele or "fallen bladder" (bladder prolapse), rectocele (rectal prolapse), and "dropped uterus" (uterine prolapse).

## **Pelvic Organ Prolapse & Causes**

Pelvic organ prolapse is very common. Over 40% of all women experience some degree of prolapse in their lifetime. The high prevalence of this disorder and the cause for any given woman remain unknown.

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## **Pelvic Organ Prolapse Symptoms & Evaluation**

Pelvic organ prolapse is diagnosed through a physical exam.

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## Pelvic Organ Prolapse Treatment Options

Pelvic organ prolapse may be treated with a variety of non-surgical and surgical options, depending on the severity of the prolapse and the patient's wishes.

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## Physicians & Faculty



**Patrick J. Culligan**

M.D.

**Bilal Chughtai**

M.D.



**Multimedia**

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