



Harley Street at Home

Menopause

Pelvic Floor Dysfunction (PFD)

Pelvic Floor Function

- Support internal pelvic organs
- Bladder control
- Bowel control
- Sexual function

PFD

- Relaxing PFD: Includes urinary and fecal incontinence and pelvic organ prolapse
- Non-relaxing PFD: Includes impaired ability to urinate or defecate, sexual dysfunction and pelvic pain





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Menopause

PFD: Genitourinary Syndrome of Menopause

Genitourinary Syndrome of Menopause: Decreased oestrogen and sex steroid levels which cause symptoms and signs impacting the genitals and urinary tract.

Symptoms

- Irritation of the vulva or vagina
- Urinary urgency
- Bleeding after sex
- Painful urination
- Painful sex
- Genital dryness

Signs

- Reduced moisture
- Frequent UTIs
- Reduced elasticity
- Changes in physical features of vagina
- Pelvic organ prolapse



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Menopause

PFD: Urinary Incontinence

Urinary Incontinence: Involuntary loss of urine

Types

Urinary incontinence is common and increases with age. Two types include:

- Stress urinary incontinence: the most common type which occurs when pressure is increased in the abdomen, such as during coughing and sneezing
- Functional urinary incontinence: the inability to reach the toilet in time

Post-menopausal Changes

Many changes to the bladder, urethra and vagina occur post-menopause. This includes:

- Bladder: Reduced capacity and compliance
- Urethra: Reduced collagen, elasticity and blood flow
- Vagina: Bacteria diversity changes



Assessment

- Assess symptoms and impact on quality of life
- Treat specific symptoms
- Diaries and questionnaires
- Discuss the best option for you
- May need physical examinations



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PFD: Pelvic Organ Prolapse

Pelvic Organ Prolapse: When the uterus, bladder or rectum herniates into the vagina

Impact

- Significantly adversely impact quality of life
- 1 in 2 women (who have had children) suffer
- 11% chance of requiring surgery
- Risk of prolapse doubles with each decade - age is a major risk factor!

Risk Factors

- Obesity
- Pressure - e.g. constipation, coughing or heavy lifting
- Hysterectomy
- Pregnancy and childbirth
- Age (menopause)

Signs and Symptoms

- Vaginal bulging
- Pelvic pressure
- Bleeding and discharge
- Backache
- Incontinence and constipation
- Recurrent UTIs
- Painful sex
- Reduced libido





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PFD: Conservative Treatment

Treatment Aims

- Improve quality of life
- Treat specific symptoms
- Maintain or restore bladder and bowel function
- Maintain or improve sexual function



Management Methods

- Medication
- Incontinence pads
- Anti-incontinence devices
- Pelvic floor muscle training
- Lifestyle interventions regarding fluid and caffeine intake and weight management
- Behavioural therapy
- Pessaries
- Vaginal health advice (e.g. vaginal moisturisers and lubricants)
- Bowel opening advice

