



Lancashire Gynaecologist

Eric Mutema

Breaking the Stigma: Talking
Openly About Pelvic Floor Health

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Pelvic floor health is an essential aspect of women's overall wellbeing, yet it remains a topic often shrouded in stigma and silence. Many women experience urogynaecological issues such as urinary incontinence, pelvic organ prolapse, or pelvic pain but are hesitant to discuss these concerns, even with their GP or Gynaecologist. This article aims to break that stigma, encouraging open dialogue about pelvic floor health and exploring effective treatments, including innovative options like the Perifit Care+ and the Emsella chair, as well as lifestyle changes that can promote better health.

Pelvic Floor Dysfunction Symptoms

Hypotonic (Weak) Symptoms

- Difficulty with bowel movements
- Urinary issues
- Pelvic organ prolapse
- Pelvic or genital discomfort

Hypertonic (Tight) Symptoms

- Frequent urge to urinate
- Painful bowel movements or urination
- Numbness in the pelvis



Understanding Pelvic Floor Disorders

Pelvic floor disorders can affect women of all ages, often resulting from factors like childbirth, ageing or hormonal changes. Symptoms can range from mild to severe and may include:

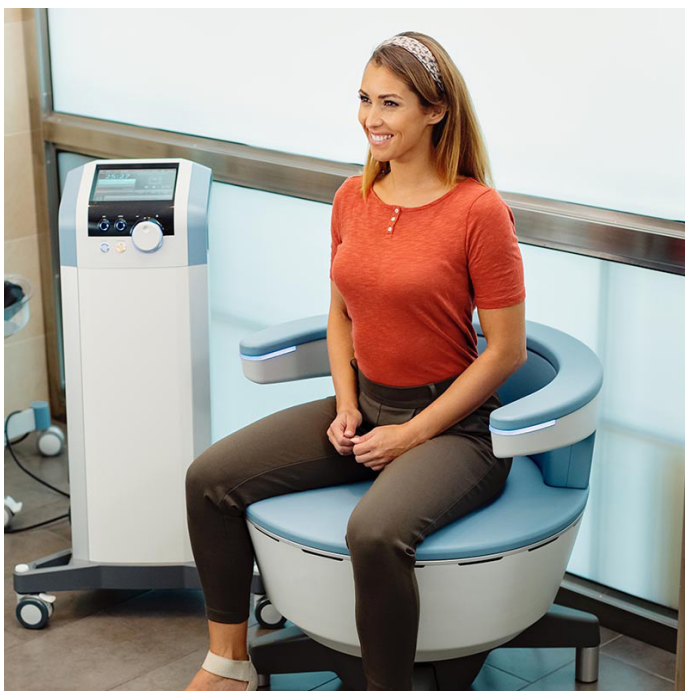
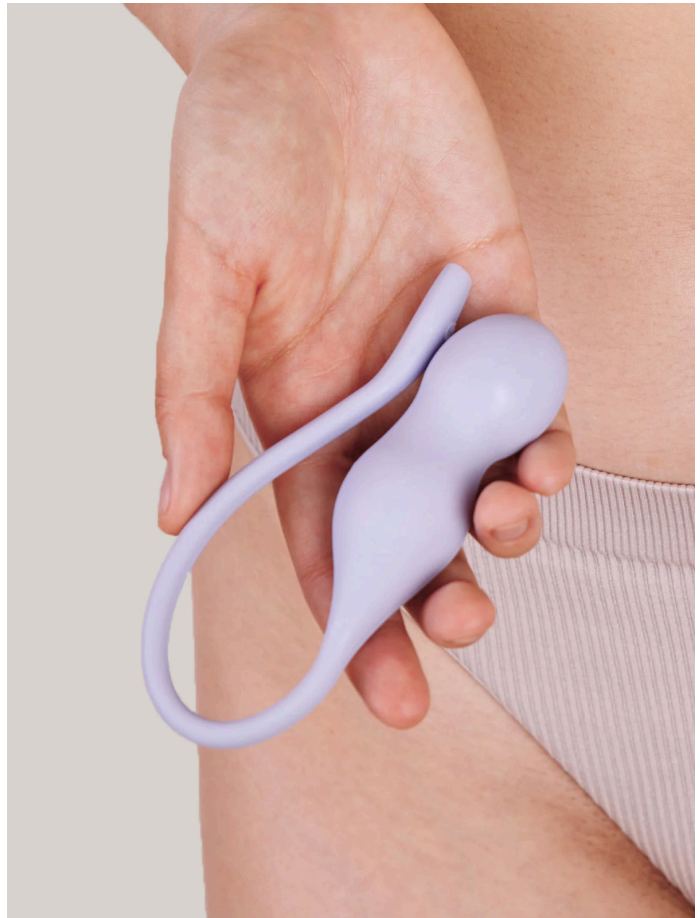
- **Urinary Incontinence:** Involuntary leakage of urine during activities like laughing, coughing, or exercising.
- **Pelvic Organ Prolapse:** A condition where pelvic organs slip from their normal position, leading to discomfort and urinary issues.
- **Pelvic Pain:** Discomfort in the pelvic region that can affect daily activities and quality of life.

Many women suffer in silence, believing these issues are a normal part of ageing or motherhood. However, it's crucial to recognise that these conditions are common, treatable and should be discussed openly.

Innovative Treatments

Fortunately, advancements in treatment options are making it easier for women to seek help. Two notable options include the Perifit Care+ and the Emsella chair.

Perifit Care+ is a revolutionary pelvic floor training device that combines biofeedback with gamification. Designed to help women strengthen their pelvic muscles, it allows users to perform exercises in a fun and engaging way. This tool is especially beneficial for those experiencing urinary incontinence or looking to prepare their pelvic floor for childbirth.



Emsella chair is another groundbreaking treatment that utilises electromagnetic technology to stimulate pelvic floor muscles non-invasively. During a single session, patients can experience the equivalent of thousands of Kegel exercises, improving muscle strength and control. This treatment is particularly effective for women dealing with urinary incontinence, providing a discreet and efficient solution.



The Role of Lifestyle Changes

In addition to these innovative treatments, lifestyle changes can significantly improve pelvic floor health. Here are some effective strategies:

- **Regular Exercise:** Engaging in activities that strengthen the core and pelvic floor, such as yoga or Pilates, can enhance muscle tone and support pelvic health.
- **Healthy Diet:** A balanced diet rich in fiber can help prevent constipation, which is vital since straining during bowel movements can weaken pelvic floor muscles.
- **Weight Management:** Maintaining a healthy weight reduces pressure on the pelvic floor, helping to prevent or alleviate symptoms of incontinence and prolapse.
- **Hydration:** Drinking sufficient water is essential for overall health and can help prevent urinary tract infections, which can exacerbate pelvic floor issues.
- **Mindfulness and Stress Management:** Techniques such as meditation or deep-breathing exercises can alleviate stress, which may contribute to pelvic pain or discomfort.

Encouraging Open Dialogue

Breaking the stigma surrounding pelvic floor health starts with open conversations. Women should feel empowered to discuss their symptoms with healthcare providers and seek help without fear of judgment.

Whether through innovative treatments like the Perifit Care Plus and Emsella chair or by making positive lifestyle changes, there are effective strategies to improve pelvic floor health. Remember, you are not alone, and seeking help is a proactive step toward reclaiming your health and quality of life.

If you or someone you know is experiencing pelvic floor issues, consider reaching out to us today. Together, we can foster a culture of openness around pelvic health and ensure every woman receives the care she deserves.



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The Lancashire Gynaecologist

Mr Eric Mutema is a highly experienced and respected Consultant Obstetrician and Gynaecologist. He founded his private practice, the Lancashire Gynaecologist, to provide a service to women in Lancashire and beyond and respond to the shortage of specialist gynaecological services available to women missing out on individualised care and treatment. The Lancashire Gynaecologist offers patients individual attention, an empathetic, compassionate approach and patient-centred care. His patients will receive a full consultation that takes their overall health into account and subsequent treatments will be tailored to meet the needs of the individual woman. So please don't wait and put off seeking treatment; we're available, convenient and we can help you.



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