

URO-GENITAL PROLAPSE

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Best

Uro-genital prolapse

- How common?
- _____ of parous woman
- (50% after 55 yrs will have symptoms / 10% will have surgery by 80 years)
- Beware incidental findings _____
- (ovarian cyst / fibroid / abdominal mass)

Why does prolapse occur

- Weak muscles
- Torn fascia
- Stretched fascia
- Neuropathic damage
- Tissue quality
- Racial differences / age

Can Manage!



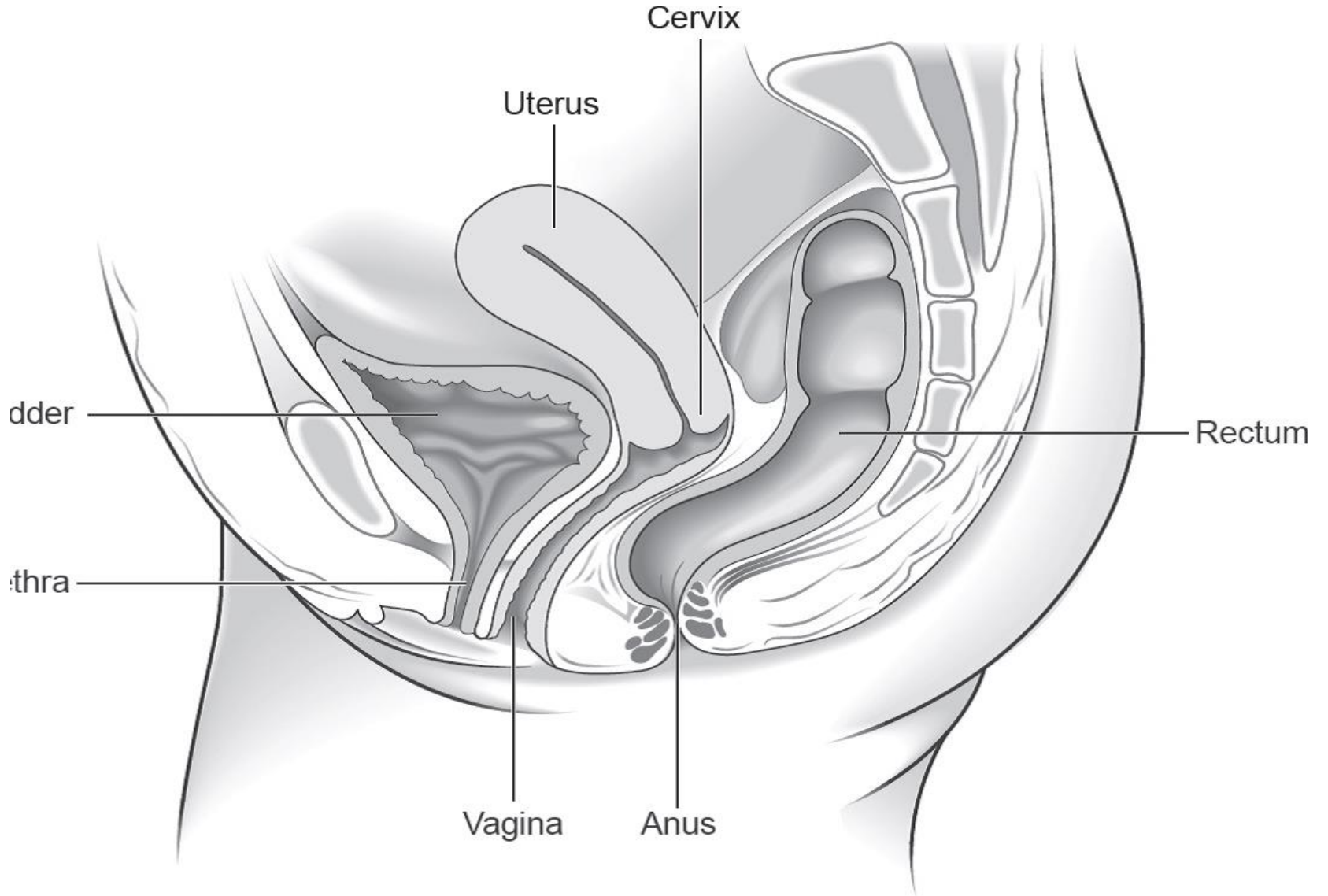
Too Much To Carry !



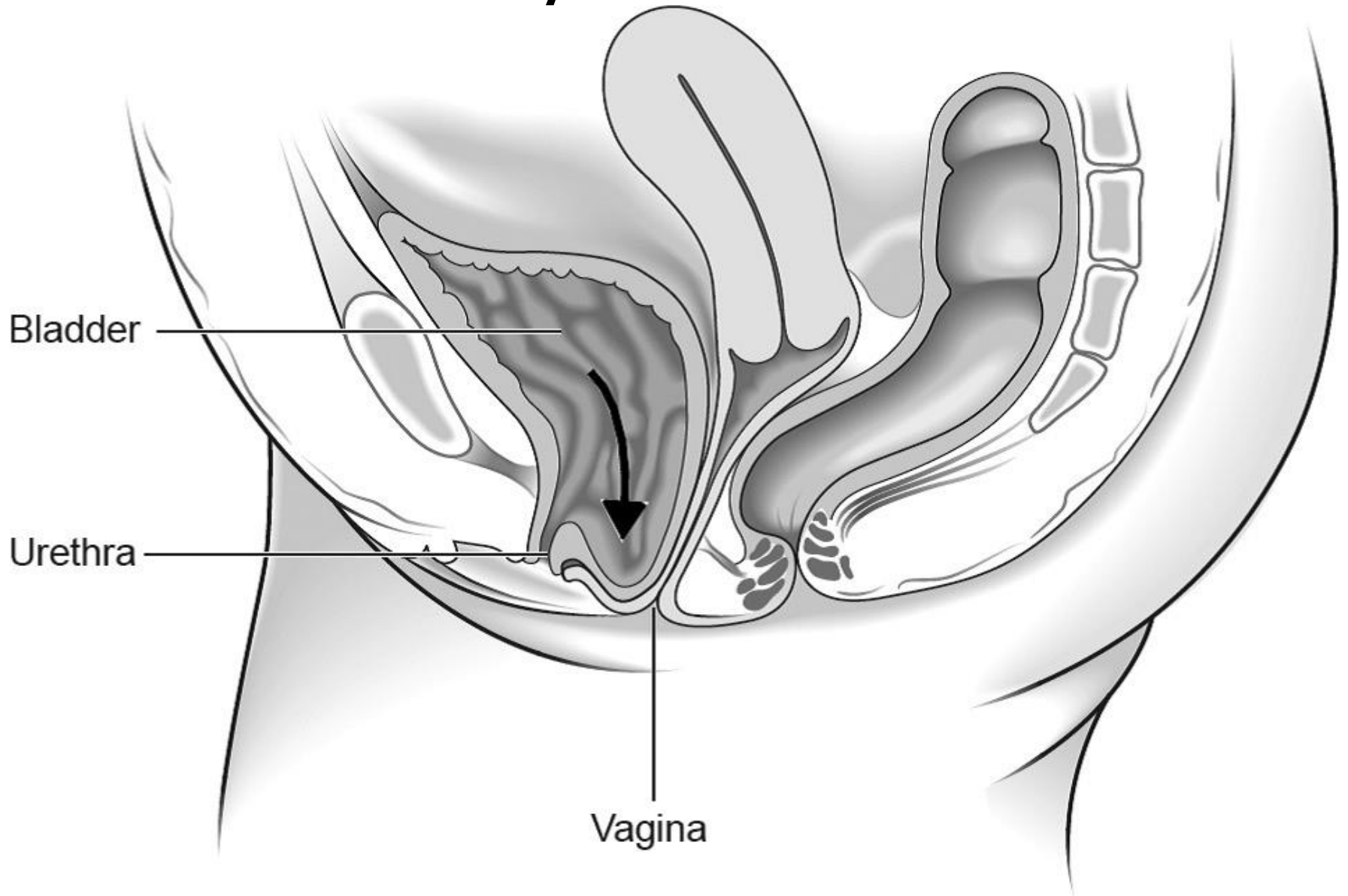
How to define 1 -Vaginal

- Anterior vaginal wall
- Posterior vaginal wall
- vault

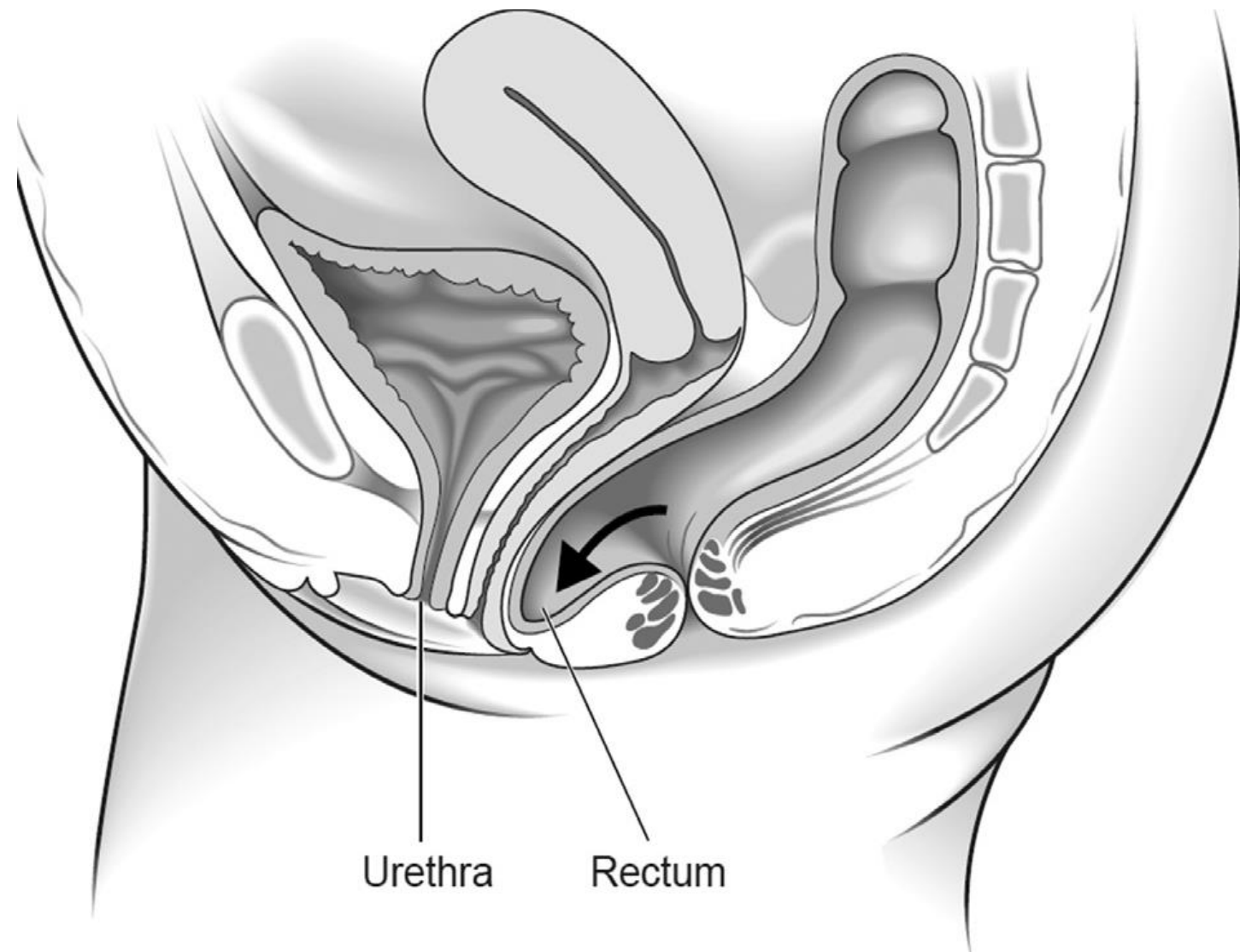
ANATOMY



Cystocele



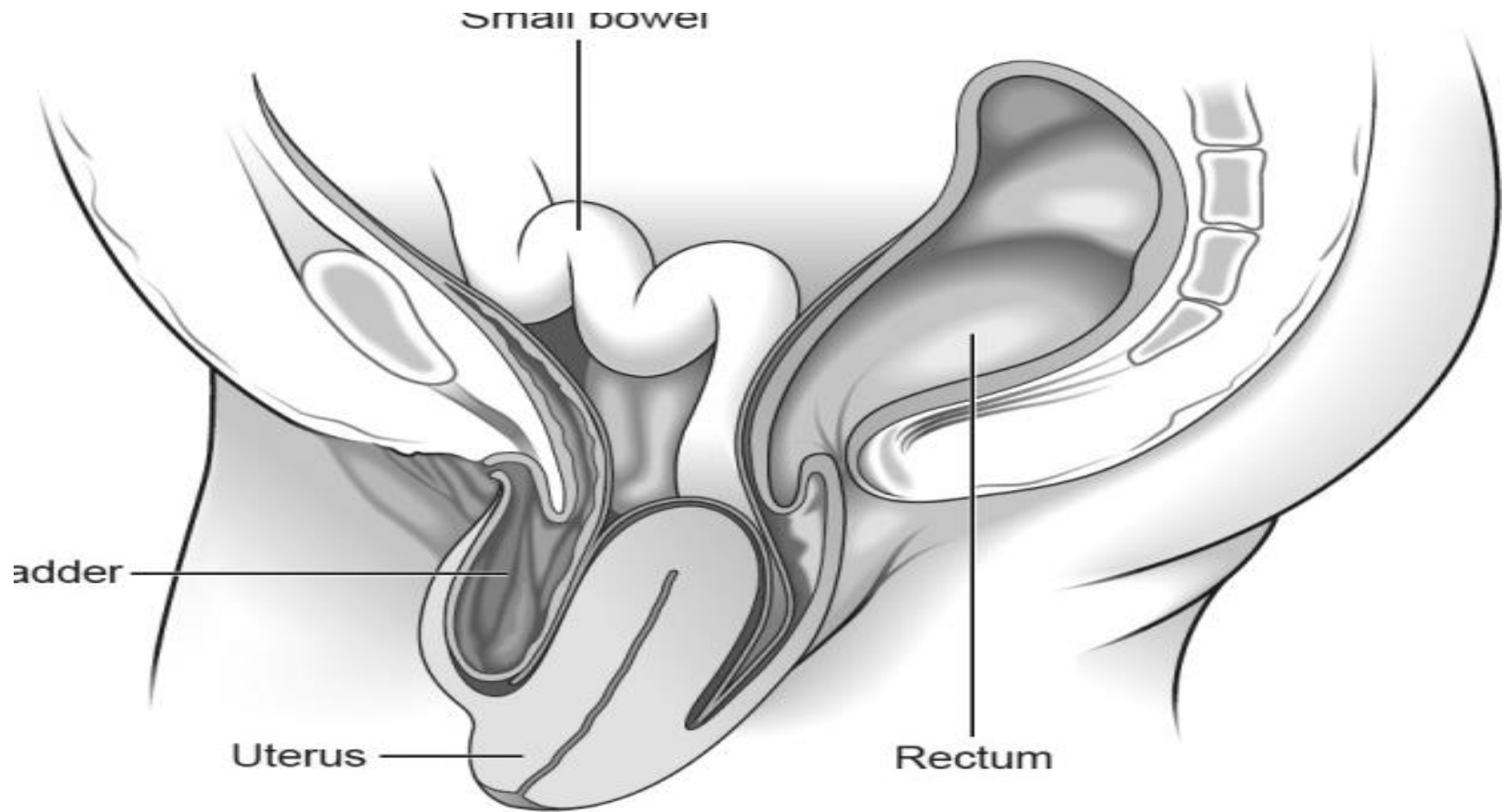
Rectocele



How To define - Uterine

- **Denominator.....**
- **first degree**
- **2nd**
- **3rd or**

Uterine Prolapse



How to define 2

- Descriptive
- POP Q SCORE / ICS
- Vault prolapse
- Uterine prolapse

What to look out for in the history?

- 'something coming down'
- Perineal discomfort
- Dragging sensation
- diurnal variation
- Faecal symptoms
- Voiding difficulties

Importance - surgeons

- Sexual intercourse history
 - Related to surgery / litigation
- Atrophy
- Libido etc
- partner

How to examine

- Left lateral
- Lithotomy
- Standing
- Pelvic examination - Mass (1 in 150)

Management 1

- Prevention
 - Primary / Vault/ STH -NO! No !
- Conservative
- ---

 - Diagnostic value
 - practicalities
 - Younger patients
 - Sexual function

Conservative

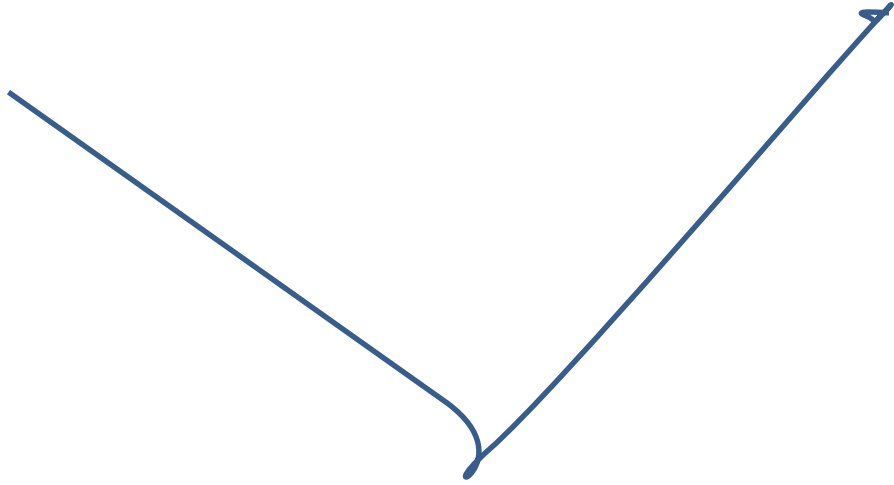
- Life style
 - losing weight/chronic cough/stopping smoking
 - { {avoiding constipation/{avoiding heavy lifting
 - { {avoiding physical activity such as trampolining or high-impact exercise
- Pelvic Floor Exercise
- Local Oestrogen

Shared Decision Making

- What are my Options ?
- What are the pros & cons of each option for ME
- Where can I get support to make a decision (RCOG website)

Management 2

- Surgery - 30 % recurrence
 - Vaginal repair / Pelvic Floor Repair
 - Vaginal hysterectomy
 - Sacro-spinous fixation
 - Sacro-colpopexy



Grafts

- Mesh
- Pelvicol

Some concerns

- Structure does not = function
- Latent stress incontinence
- Defining a cure
- QoL questionnaire very important

Cases 1

- 83 year old woman with prolapse / medically unfit
- Pessaries (downside)
- Devices ?
- Surgery

Thank You

Questions