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Women's Center for Pelvic Wellness

The Expert Pelvic Surgeons

POP Prevention Homework

The following POP Culture 101 home study guidelines were prepared by Dr. David Kimble and Dr. Alexis Tran www.womenspelvicwellness.com

Dr. David Kimble and Dr. Alexis Tran are on a quest to boost awareness of female pelvic floor disorders — including dispelling myths about treatment options, risks and benefits. The co-founders of the Women's Center for Pelvic Wellness in Pasadena, CA insist "the world has been presented with censored and sensationalized information regarding the treatment of POP and incontinence which plague millions of women. It is our goal and charge in life to offer evidence-based information about POP and to empower women to seek the appropriate treatments with trained and skillful surgeons."

Partners in parenting as well as in pelvic wellness, the pioneering urogynecologists hope the POP Prevention Homework that follows may help readers better understand and manage their pelvic health from adolescence to late post-menopausal years. Instructions on how to properly perform Kegel exercises may be accessed via www.mayoclinic.org/healthy-lifestyle/womens-health/in-depth/kegel-exercises/art-20045283.

Late teens – 25 years old

1. Maintain a healthy lifestyle.
2. Quit tobacco.
3. Achieve and maintain an ideal body weight.
4. Learn your vulvar and vaginal anatomy.
5. Examine yourself with a hand-held mirror.
6. Contact your local gyn or a specialist if you have any concerns.

26 – 35 years old

1. Continue the healthy lifestyle and ideal body weight.
2. Exercise regularly.
3. Perform Kegel exercises daily.
4. Examine yourself several times yearly.
5. Be honest with yourself in your sexual experience. (Visit womenspelvicwellness.com for added guidance.)
6. Contact your local gynecologist or a specialist if you have any concerns.

ASSIGNMENT CONTINUES ON THE NEXT PAGE

36 – 45 years old

1. Maintain a healthy lifestyle.
2. Perform daily Kegel exercises.
3. Examine yourself several times yearly.
4. Be honest about your sexual experience.
5. Consult womenspelvicwellness.com or connect with a board certified pelvic floor specialist closer to your home if you feel any different.
6. Now is the best time to intervene for pelvic floor rejuvenation.

46 – 55 years old

1. The most significant changes occur in this age group.
2. It is imperative to initiate treatment for any sexual dysfunction in this age group as it sets the template for sex the remainder of your life.
3. Be honest with yourself, examine your sexuality and even solicit the feelings of your partner.
4. If you feel less desire for sex, experience pain with intercourse, feel diminished sensations during sexual intimacy, etc. contact us for an expert opinion.
5. Call with any signs of POP or symptoms of bulging/pelvic pressure.
6. Always maintain a healthy lifestyle, diet and workout routine.
7. Kegels are still recommended, but far less effective.

56 – 75 years old

1. Maintain a healthy lifestyle and weight.
2. Kegel exercises are of less benefit, but certainly can never hurt.
3. Sexuality is a vital component of the health of women in this age group; it doesn't change from years before.
4. Honestly examine yourself, listen to your gyn provider. If you have any incontinence or prolapse, seek an expert evaluation to determine treatment options for you.
5. Year to year assess your sexual experience and seek advice if any changes occur.
6. POP is very common in this age group and should never be ignored.

75 – 100+ years old

1. You are still a sexual being and intimacy should be a part of your life.
2. If you experience pain with intimacy, diminished desire, or other changes then please contact us for advice.
3. Maintain an active lifestyle both physically and cognitively.
4. Talk to your partner about his desire for intimacy.
5. Examine yourself for POP or incontinence.

ADDITIONAL STUDY NOTES FROM DR. KIMBLE AND DR. TRAN

While we highly recommend Kegel exercises in the early stages of POP, it has been well established that significant POP, Stage 2 and beyond, cannot be treated by physical therapy alone as this has now become a connective tissue issue, no longer muscular and requires more definitive intervention. Should any of the above symptoms ring true for you or a loved one, don't delay. Seek evaluation by a board certified pelvic floor surgeon today. Do not let the POP drop any further than it has, highly successful treatments await you or your loved one. Let our expertise be your solution. To learn more about our wellness mission, please visit www.womenspelvicwellness.com or call 626.225.0890.