

Pelvic Floor Dialogues

So I pee a little when I laugh. That's normal right?

How has my body changed "down there" since I had my baby?

Everyone talks about Kegels. Do they really work? How much is enough?

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I've Got a UTI—Do I Need to Reschedule My Cystoscopy?

A cystoscopy is an outpatient procedure, which lets your doctor look at the inside of your bladder. There are many reasons your Urogyn recommends this procedure. For example, blood in your urine, pain with voiding, or a nonstop gotta-go feeling. The cystoscopy gives a picture of the:

- Bladder lining.
- Ureters, or the tubes connecting the kidneys with the bladder.
- Urethra, or the tube that transports urine from the kidney to outside the body.

For most women, a cystoscopy is not painful. And, there's no prep required. That's right, no full bladder requirement and you also don't need to fast. Your doctor may suggest you not take aspirin or other meds that contain aspirin. And, to help reduce the risk of urinary tract infection (UTI), your doctor may suggest taking an antibiotic before the procedure.

A new study conducted at Vanderbilt University in Tennessee, however, suggests doctors may want to rethink recommending an antibiotic. Researchers found taking antibiotics within six months of having a cystoscopy, increased risk for UTIs. Other risk factors were being in the hospital within the last six months and a recent diagnosis for an

infection. These are new results from a single study, so other researchers need to evaluate these findings. In the meantime, if any of these potential risk factors relate to you, let your doctor know.

Stem Cell Treatment for Pelvic Floor Disorders?

Stem cells help create the cells needed to develop organs and other body structures. They hold promise because of they can repair, restore, replace, and regenerate body cells. In Shanghai, China, a group of researchers wondered if stem cells might restore a damaged pelvic floor. So, they injected stem cells into the pelvic floor of rats. And, they found that the procedure appeared to help strengthen the surrounding tissues. Thus, perhaps one day, stem cell therapy might be a treatment for conditions that affect the pelvic floor, such as pelvic floor disorders. This research is in its infancy stages. However, given the promise that stem cells hold, scammers are lurking:

- [Link to FDA Warns About Stem Cell Claims.](#)
 - [Watch a video about pelvic floor disorders with Charles Nager, MD.](#)
 - [Download a factsheet on pelvic floor muscle training exercises, or kegels.](#)
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Primer on Pessaries

Chances are you had not heard of a pessary until your pelvic floor problems developed. Pessary is a Greek word. It literally means oval stone. These days pessaries come in many shapes and sizes. The Section on Women's Health of the American Physical Therapy Association website provides pictures of different types of pessaries. Some of the differences in shapes and sizes relate to the function. For example, is it for stress urinary incontinence, leakage of urine with physical activity or motions such as laughing, coughing, lifting, or with exercise? Or, a prolapsed (dropped) uterus? And, at a recent meeting of the American Urogynecologic Society (AUGS), researchers presented a design for a custom pessary. Using a 3D printer, the scientists printed the pessary in silicone. Designed to treat SUI, a small group of women tried out these novel pessaries. Though they hold promise, this pilot test needs further evaluation. For example, one concern of any pessary is its effect on vaginal flora, those natural bugs that live in all of our vaginas. A study conducted in Japan concluded that standard pessaries do not negatively affect these good bugs. As scientists perfect this 3D technology, the printed pessaries will go through a series of tests. One might test if these new models disturb vaginal flora.

MOM, POP—Am I at Risk?

Pelvic organ prolapse (POP), the dropping of the pelvic organs caused by the loss of normal support of the vagina, is more common in older woman. However, it does occur in younger women. For this group, family factors are key. Israeli researches compared family histories of 26 women with POP who were 45 years or younger, with 26 aged 55 years or older. They found that a family history of POP was five times more common among the younger group. Plus, many of those family members required POP surgery for treatment of their symptoms. Family history is not a risk factor that women can control. There are lifestyle changes, however, such as keeping your weight in check, which can help reduce your risk.

Discounted Access to Journal Articles

Our review of the literature turned up another study about the quality of online health information. Australian researchers looked at websites with information on urinary incontinence, the accidental leakage of urine. Their review included sites in English, French, German and Spanish. They found 1,714,389 websites. Of those, they reviewed 150 sites targeting women. Their conclusion: Doctors need to review website content for accuracy. That's good news for theVoices for PFD website, because members of AUGS review all content before posting.

Did you know that you could read articles from AUGS' journal, Female Pelvic Medicine & Reconstructive Surgery (FPMRS)? Patients, family members, and caregivers can access up to five low-cost or no-cost articles without a subscription!

Wolters Kluwer, the journal's publisher, and the Copyright Clearance Center's RightsLink service provide this special access.

The image shows a blue background with a list of five steps for accessing an article. A white box contains a message: "You could be reading the full-text of this article now if you..." with three buttons: "Become a subscriber", "Are a patient or caregiver" (circled in red), and "Purchase this article". To the right is a yellow cover of the journal "Female Pelvic Medicine & Reconstructive Surgery" with the AUGS logo.

1. Go to: <http://journals.lww.com/jpelvicsurgery>
2. Click on the title of the article that you want to retrieve.
3. Select patient/caregiver.
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5. Check your email for a PDF of the article.

The Rest of the Story

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