

Pathways to Care Series:

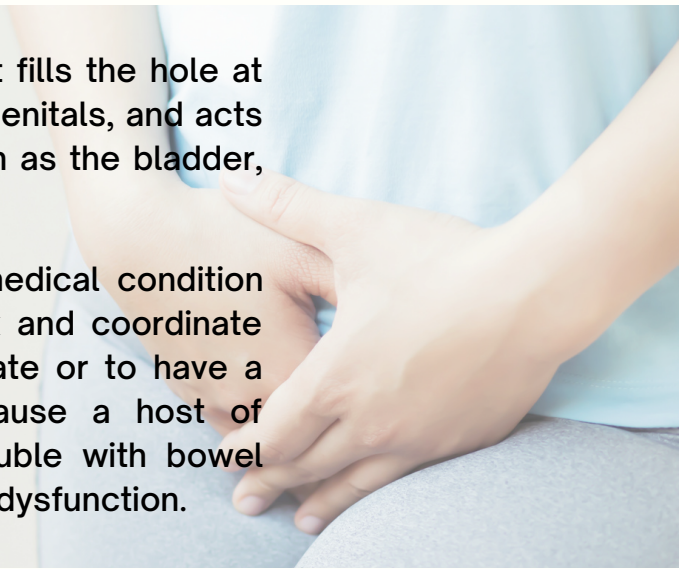
Pelvic Floor Dysfunction



Don't be embarrassed!
You're not alone, seek help.

The pelvic floor is the muscle group that fills the hole at the bottom of the pelvis. It contains the genitals, and acts as a hammock that holds up organs such as the bladder, uterus and rectum.

Pelvic floor dysfunction is a common medical condition where you are unable to correctly relax and coordinate the muscles in your pelvic floor to urinate or to have a bowel movement. This tension can cause a host of problems including bladder control, trouble with bowel movements, lower back pain and erectile dysfunction.



+50% of women



More than 50% of women age 55+ suffer one or more problems caused by pelvic floor disorder. This can be caused by pregnancy, traumatic injury, being overweight, genetics or heavy lifting.



Women spend more than **\$900** per year buying pads and other products to cope with their bladder leaks instead of seeking treatment.

10-15%

About 10-15% of Canadians suffer from symptoms of overactive bladder.




Let's talk about it

Share openly with your health provider to determine what treatment is best for you.

- Pelvic muscles have **5** major functions including:
- Maintaining continence of our bladder and bowel.
 - Allowing sexual function and pleasure.
 - Providing support to our internal organs so that our bladder, uterus, and intestines stay in the abdominal cavity where they belong.
 - Providing support for your lower back so that we can function without pain.
 - Helps our circulatory system get the blood and other bodily fluids from the legs back to the trunk and heart.

Visit voicesforpfd.org for fact sheets on pelvic floor muscle exercises, overactive bladder, stress urinary incontinence, and more.



Sources: Vesia - Alberta Bladder Centre and Pelvic Health Solutions

On the path to living healthier.
Together.