

# We're Here to Help!

**Urogynecology is a specialty within Obstetrics & Gynecology dedicated to the study and treatment of pelvic floor disorders (pfd) in women.**

## What is your PFD IQ?

# Fact or Fiction?

One in three women will experience a pelvic floor disorder (PFD) in her lifetime.

**Answer: TRUE - PFDs occur when women have weakened pelvic muscles or tears in the connective tissue, which may cause bladder control problems, bowel control problems or pelvic organ prolapse.**

PFDs include bladder control problems, bowel control problems and pelvic organ prolapse.

**Answer: TRUE - Bladder control problems include the inability to hold urine long enough to reach the restroom (urge incontinence), frequent urination during the day and night (urge frequency), and urine leakage caused by increased abdominal pressure (stress incontinence). Urgency frequency and urge incontinence are also defined as overactive bladder. Bowel control problems include the loss of normal control of the bowels that leads to leakage of solid or liquid stool or gas. Pelvic organ prolapse is the dropping of the bladder, urethra, cervix and rectum caused by the loss of normal support of the vagina. In severe cases, women may feel bulging tissue protruding through the opening of the vagina.**

PFDs are a normal part of aging.

**Answer: FALSE - PFDs are not considered a normal part of aging, although they become more common as women get older.**

Cure rates for urinary incontinence are low

**Answer: FALSE - 80-90% of women who seek help for urinary incontinence will experience significant improvement in their**

A Urogynecologist is one of the physicians best suited to treat PFDs.

**Answer: TRUE - A general practitioner can help decide if you should see a specialist. A Urogynecologist is a physician who has received additional specialized training to evaluate and treat women with pelvic floor disorders. The official name of the specialty is Female Pelvic Medicine and Reconstructive Surgery (FPMRS).**



BlueRidge  
Urogynecology  
JAMES A. DAUCHER MD, FACOG



If you or someone you care about suffers from a PFD related condition, we can help. Talk to your doctor, or contact Dr. Daucher.

**CALL US TODAY  
540-904-2845**

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