

Be Strong – Be You Again

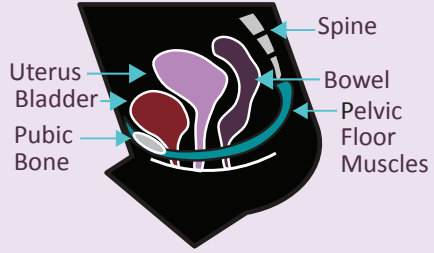
Yes, it's awkward, but it's time to have an open conversation about your most private health concerns. Too many women have been silent for too long about bladder, bowel and painful pelvic issues. We want you to know the facts about pelvic health and what you can do to improve yours.



Your Pelvic Floor

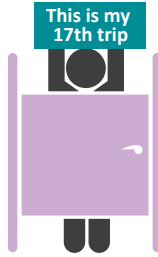
Where is it and what does it do?

The pelvic floor is a bowl-shaped group of muscles, ligaments and tissues that support the bladder, uterus and bowels. They attach to your pelvic bone in the front and your tailbone in the back.



1 in 3 women

will experience a pelvic floor disorder in their lifetime.



10, 20, or 30 bathroom trips per day?

The average adult makes 4-7 trips.



Nearly half of all women

who have a baby will have some degree of pelvic floor prolapse.



\$1.5 Billion spent each year on adult diapers

in the U.S. for urinary and fecal incontinence. Within 10 years, sales of adult diapers will outpace infant diapers.

Nearly 90% of pelvic floor conditions can be diagnosed and treated through lifestyle changes, therapy and surgery.



Half of all women who suffer with pelvic problems

have never discussed their symptoms with their doctor.



Take our Pelvic Health Quiz.

Pelvic floor disorders are **NOT** a normal part of aging. See the reverse side for our pelvic health quiz to help determine if you have a pelvic floor disorder and whether you could benefit from treatment.



Avista Pelvic Health Center




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303-925-4038

Pelvic Health Quiz

You do not have to live with pelvic floor disorders. Treatments are available. Take this short quiz to learn whether it's time for you to reach out for help.

1. Do you ever leak urine when coughing, sneezing or exercising? Yes___ No___
2. Do you have pelvic pain or feel pressure in your pelvis? Yes___ No___
3. Do you empty your bladder normally and completely? Yes___ No___
4. Have you had a chronic problem with bladder or kidney infections in the past? Yes___ No___
5. Do issues like these impact your quality of life? Yes___ No___
6. Do you have trouble making it to the bathroom ime? Yes___ No___
7. Do you experience pain with sex, physical exams or tampon use? Yes___ No___
8. Do you have trouble controlling your bowel, or have smear marks on your panties? Yes___ No___
9. Do you feel a bulge in your vagina or feel like something is falling out of your pelvis? Yes___ No___
10. Do you have pain with urination, sex or tampon use? Yes___ No___

If you answered yes to one or more of these questions, consider talking to your physician today about your symptoms or reach out directly to our pelvic health specialists. To learn more about pelvic health issues and treatments available at the Avista Pelvic Health Center, visit www.avistahospital.org/pelvichealth.



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