

Pelvic Floor Dialogues

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

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

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

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In this Issue

- Is Your Bladder Telling You, “#Me Too”?
- Might Talk Therapy Help Keep the Urogenital Pain in Check?
- Aging Vagina ≠ Weak Pelvic Floor
- Around the Web
- The Rest of the Story

Is Your Bladder Telling You, “#Me Too”?

Abuse—be it physical, emotion, or sexual—can cause lifelong scars. And, unfortunately, many women experience abuse in their lifetime. Studies have found a link between the anxiety and fear associated with a history of abuse and urinary symptoms.

A survey of 1,550 women in their late sixties found that about one in four had experienced emotional abuse. Plus, about ten percent were sexually abused. Among that group, nearly half reported urinary incontinence (UI). Urinary incontinence is accidental leakage of urine from the bladder. Thus, the importance of health care providers asking women if they experienced abuse emerges.

So, don't be surprised if your doctor asks you about any such traumas. These are important talks to have with your health care provider. This information can help figure out the best care possible. For example, to help reduce UI symptoms, your provider might suggest you talk with a therapist.



- If you are currently in an abusive relationship, contact the
 - [National Domestic Violence Hotline](https://www.nvdc.org/)
 - [National Sexual Assault Telephone Hotline](https://www.nsva.org/)
- Learn how to [talk with your doctor about pelvic floor dysfunction](#)
- Download fact sheets about how to do pelvic floor exercises in [regular](#) or [large print](#)

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Might Talk Therapy Help Keep the Urogenital Pain in Check?

Along the same line, women with a lifetime of trauma and long periods of stress are more apt to have chronic urogenital pain (CUP). Health care providers call a pain chronic if it lasts for over three months. CUP is chronic pain in the pelvic area, genitals, and urinary tract. Health care providers at a women's urology clinic wondered if talk therapy might help women with CUP that was related to trauma. They designed a study and recruited a small group of women. Some of the women spent 90 minutes talking about their experiences of stress and trauma with a therapist. The rest of the women received the normal treatment for CUP. The level of pain and symptoms for women who participated in the counseling symptoms improved. So, though this short therapy session was not enough to address the depth of the emotional impact of their experiences, their CUP symptoms improved by talking about the traumas.

- Need someone to talk to about traumatic events? [Find a therapist](#)
- Is your CUP interstitial cystitis/bladder pain syndrome (IC/BPS)? Download a [free fact sheet on IC/BPS](#)

Aging Vagina ≠ Weak Pelvic Floor



Good news for women with aging vaginas: Though they may experience dryness and changes to the skin around their vaginas, their pelvic floors can remain strong.

Researchers tested the strength of the pelvic floor muscles of 140 women. The ages of the women ranged from 34 to over 60 years. Pelvic exams found that the women more than 60 years of age had symptoms of aging vaginas. However, they also had strong pelvic floors. Indeed, among this group of women, the researchers found no age-related differences in strength of pelvic floors. And, the good news is that there are ways to treat aging vaginas and maintain that strong pelvic floors:

- Learn about [vaginal estrogen therapy](#) to treat your aging vagina
- Watch a video about how to do [pelvic floor muscle exercises](#)

Around the Web

- Thanks to Jennifer Garner & 'Camping,' [We Finally Understand the Meaning of Pelvic Floor](#)
- [Yoga Asanas to Strengthen Your Pelvis](#): All You Need to Do Are These Simple Kegel Exercises at Home
- [Group Class Reduces Urinary Incontinence Symptoms](#) in Women
- How [Pelvic Floor Physical Therapy](#) works

The Rest of the Story

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