

Pelvic Floor Disorders

Nonsurgical Treatments

A pelvic floor disorder (PFD) is a condition in which muscles or connective tissues of the pelvic area weaken or are injured, causing discomfort and other problems.



One in five U.S. women is affected by one or more PFDs.



Most common PFDs

urinary incontinence,
which affects **more than**
18 million women

pelvic organ prolapse,
which affects **more than**
3 million women

Common nonsurgical options

Many PFD symptoms can be treated effectively with nonsurgical and surgical options. Most health care providers encourage women to try nonsurgical options first.



Pelvic floor muscle training—Exercises, guided by health care providers such as physical therapists or nurse practitioners, to strengthen muscles and improve symptoms related to PFDs



Oral medications to help with bladder control for urgency urinary incontinence



Injections to thicken the bladder muscle and other tissues and help control urgency urinary incontinence



Pessaries—devices inserted into the vagina to support pelvic organs and treat prolapse and stress urinary incontinence

Talk to your provider about which treatment options are right for you.

Featured PFD Treatment Studies

The NICHD's **Pelvic Floor Disorders Network (PFDN)** supports PFD research, including studies on treatment methods.



The **ABC study** compared two treatments for urgency urinary incontinence. One group of women received one Botox A® injection and daily oral placebo tablets for 6 months, while the other group received a placebo injection of saline plus daily oral medication to improve bladder muscle control (called anticholinergics).

Result:

- The study found both treatment methods to be equally effective in controlling urgency urinary incontinence.

The **ROSETTA study** is comparing the effectiveness of Botox A® injections versus an electrical device that stimulates nerves in the pelvis to treat severe urgency urinary incontinence. Treatment with an electrical stimulation device requires that part of the device be permanently implanted in the body.

For more information about the NICHD's PFD research, visit <http://go.usa.gov/9a9z>.



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