Problems we care for:

- Pelvic organ prolapse- surgical options, pessary fitting and management
- Stress urinary incontinence
- Overactive bladder and urge incontinence
- Pelvic floor surgical complications and mesh complications
- Recurrent urinary tract infections

Pelvic Organ Prolapse

Pelvic organ prolapse is when the ligaments, attachments, and connective tissue of the vagina is damaged and the walls of the vagina start to fall. Patients can feel a bulge sensation, a pressure, and at times a pulling sensation.

We have 3 treatment categories for this when it is bothersome to patients: pelvic floor physical therapy, pessary, and surgical options. Pelvic floor physical therapy is done by trained pelvic floor physical therapists. They work on strengthening the abdominal and pelvic floor muscles to create better pelvic support. A pessary is a silicone covered insert that goes inside the vagina to help support the vaginal walls. They can be removed, cleaned, and maintained by patients and providers.

There are many surgical options that vary depending on the type of prolapse, previous surgical history, and desire for sexual activity. Options include both vaginal and abdominal surgeries with a focus on minimally invasive techniques- robotic and laparoscopic surgery. Vaginal surgery options include apical suspension procedures including or after a vaginal hysterectomy including uterosacral and sacrospinous suspension. Abdominal surgery includes sacrocolpopexy, primarily performed robotically or laparoscopically. Surgical options are tailored to meet patients’ needs, desires, and level of activity. We are happy to co-mange patients and surgically collaborate. Dr. Valaitis operates at Elmhurst, Hinsdale, and Palos Hospitals, and the main University of Chicago Hospital. Dr. Iyer operates at Hinsdale and Palos Hospitals, and the main University of Chicago Hospital.

You can look at our website for more information:
https://obgyn.uchicago.edu/sections/urogynecology

You can also look at blogs on incontinence written by Dr. Iyer on our Woman Lab site:
https://womanlab.org/blog/