

## ***Advancements in Pelvic Reconstructive Surgery Can Be Life Changing***

You may have finally “just learned to live with” troubling pelvic symptoms ranging from moderate to extreme which - in all cases – prevent you from leading a full and active life. You may even be blocked from experiencing sexual intimacy. It’s time to re-evaluate your circumstances because you now may be a candidate for advanced treatment options which can solve these problems and restore a high quality of life.

You may even be quietly suffering from symptoms such as incontinence or extreme discomfort and simply embarrassed to mention it. Many women have resigned themselves to accepting the situation and have given up on healthful mid-life pursuits such as running or pursuing a dream like completing a triathlon. You are not alone. There are many women of all ages ranging from 30 year olds up through women in their 80’s who are affected by similar circumstances.

Over the course of your life as a woman, you experience a wide range of body changes including the physical stress of pregnancy, childbirth, and in some cases the impact of previous gynecologic surgeries such as a hysterectomy. These and other physical pressures have had an impact on your natural pelvic structures and can cause a variety of symptoms such as urinary incontinence, frequent constipation, a feeling of vaginal fullness, or pelvic organ prolapse.

You may not realize that recent advancements in the field of pelvic reconstructive surgery can be completely life changing for you – no matter how old you are currently. You may be familiar with standard laparoscopic surgery which has been less invasive than conventional abdominal or pelvic surgery. But the latest advancements go much further than the standard scope approach, allowing laparoscopic surgery to be performed through a single port instead of multiple ports. This single-site surgical approach is even less invasive than in recent years and is sometimes called “LESS” which is an abbreviation for Laparo-Endoscopic-Single-Site. There have also been improvements in mesh augmentation and in port technology supporting the use of these instruments. These advancements enable a great degree of precision and versatility in the hands of a capable surgeon.

Such a minimally invasive approach can shorten your recovery to a fraction of what you would expect from a conventional approach. It’s now possible in many cases to return home in just 18 or 24 hours, and many women can be return to work quickly... back to the “business of living” sometimes within a week. The other benefits are even more profound, and include higher success rates and fewer complications.

The Center for Women's Health of Lansdale has the expertise you need for successful pelvic reconstructive surgery. We serve both Montgomery County and Bucks County in partnership with Grand View Hospital in nearby Sellersville, and also in partnership with Lansdale Abington hospital, providing you with the highest quality of care right here in your community while using the latest technological advancements. The Center for Women's Health provides a comprehensive range of obstetrical and gynecological services in addition to pelvic reconstructive surgery, including urogynecology, menopause management, routine gynecological care, contraceptive management, laser aesthetics, hair removal, and weight control.

This article is provided as informational and not intended to be a substitute for professional medical advice. Only your doctor is qualified to diagnose and treat your symptoms, so please be sure to contact us at the Center for Women’s Health about the latest treatment options and how to work together for your success. You may contact CFWH with any questions, concerns, or to make an appointment by email at [info@lansdalewomenshealth.com](mailto:info@lansdalewomenshealth.com).

