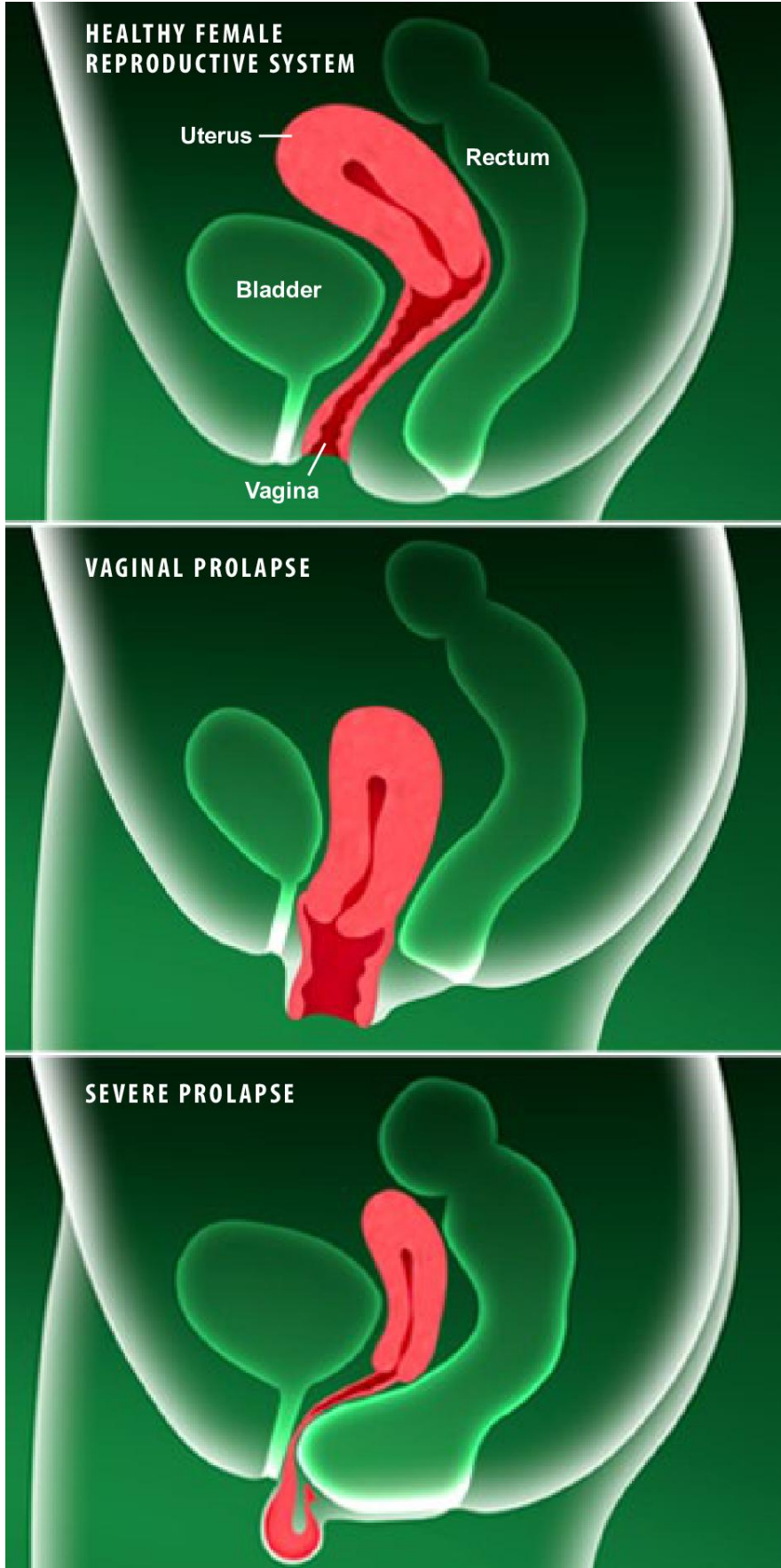




## Vaginal Prolapse



### Overview

This is a bulge in your vagina. It happens when the muscles of your vaginal walls weaken. This lets organs and structures move out of position and push into your vagina.

### Types

There are many kinds of vaginal prolapse. The type you have depends on what is pushing into the vagina. You could have a bulge caused by your bladder or your rectum. If your prolapse is severe, you may have a bulge that pushes all the way out of your vagina.

### Causes and Risk Factors

Vaginal prolapse can develop because of vaginal childbirth. Your risk is higher if you have given birth to several children. Your risk is higher if you had labor that lasted a long time, or if you gave birth to a large baby. Vaginal prolapse can also develop as a result of aging, which causes changes in your body. Your risk for prolapse is higher if you are obese, or if you had a chronic cough or constipation.

### Symptoms

Vaginal prolapse doesn't always cause symptoms. But if yours does, you may have a full, uncomfortable feeling in your vagina. You may notice a heavy feeling in your pelvic region. You may have back pain.

### Treatment

Treatment options are based on your needs. Pelvic exercises may help. You may benefit from a pessary device. That's a small, vinyl ring you place in your vagina to support the vaginal walls. If these aren't helpful, a surgical procedure may be needed. Your healthcare provider can create a plan that's right for you.