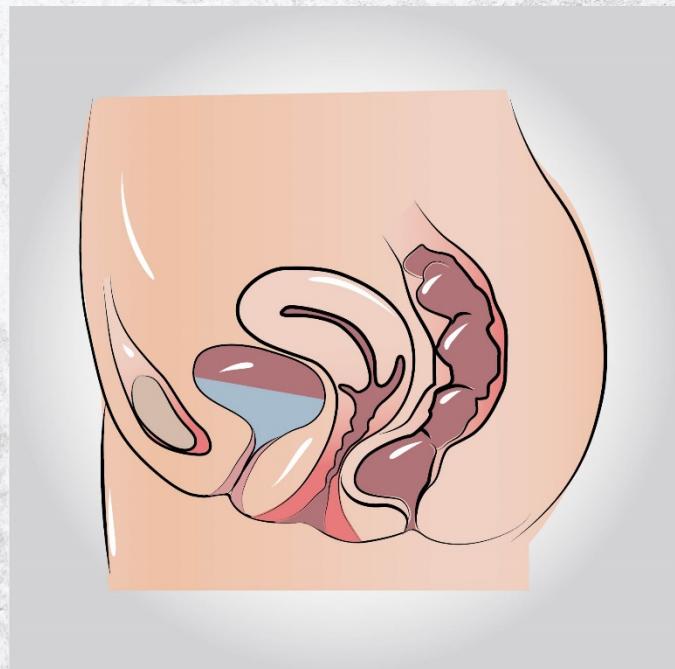


Cystocele (Fallen Bladder)



A cystocele is a condition that happens when ligaments that hold the bladder up and the muscle between a woman's vagina and bladder stretches or weakens.

It can also be named as a prolapsed, herniated, dropped or fallen bladder.

Symptoms:

- Feeling something bulging through the vaginal opening
- Difficulty urinating
- Having to run to the bathroom frequently to pass water, or just a feeling as if you have to go a lot.
- Frequent urinary tract infections.
- The bladder bulging into or out of the vagina.
- Painful sex.

Causes:

- Pregnancy and vaginal childbirth
- Being overweight or obese
- Repeated heavy lifting
- Straining with bowel movements
- A chronic cough or bronchitis

Risk Factors:

- Pregnancy and childbirth: Women who have had a vaginal or instrument-assisted delivery, multiple pregnancies, or whose infants had a high birth weight have a higher risk of anterior prolapse.
- Aging: Your risk of anterior prolapse increases as you age.
- Hysterectomy: Having your uterus removed may contribute to weakness in your pelvic floor, but this is not always the case.
- Genetics
- Obesity

Diagnosis:

An advanced level of cystocele can be diagnosed from a description of symptoms and from an examination of the vagina.

certain tests can also be performed, including the following:

- **Urodynamics:** Measures the bladder's ability to hold and release urine.



- **Cystoscopy (cystourethroscopy):** A long tube-like instrument is passed through the urethra to examine the bladder and urinary tract for malformations, blockages, tumors, or stones.

Treatment:

If it is not severe, a mild cystocele may not require any treatment other than avoiding heavy lifting or straining that could worsen the problem.

Other potential treatment options include the following:

- Weight loss.
- Estrogen replacement therapy.
- Kegel exercises to strengthen the openings of the urethra, vagina and rectum. These exercises involve tightening the muscles that are used to stop the flow of urine, holding for 10 seconds, and then releasing.
- If symptoms are modest, a device called a pessary may be placed in the vagina to hold the bladder in place.
- A moderate or severe cystocele may require reconstructive surgery to move the bladder into a normal position

