



PFD 101: Fact or Fiction

Test your knowledge of pelvic floor disorders with this true or false quiz

1. One in three women will experience a pelvic floor disorder (PFD) in her lifetime.

Answer: True

PFDs occur when women have weakened pelvic muscles or tears in the connective tissue, which may cause pelvic organ prolapse, bladder control problems, or bowel control problems.

2. PFDs include bladder control problems, bowel control problems, and pelvic organ prolapse.

Answer: True

- Pelvic organ prolapse is the dropping of the bladder, urethra, cervix and rectum caused by the loss of normal support of the vagina. In severe cases, women may feel bulging tissue protruding through the opening of the vagina.
- Bladder control problems include the inability to hold urine long enough to reach the restroom (urge incontinence), frequent urination during the day and night (urge frequency), and urine leakage caused by increased abdominal pressure (stress incontinence). Urgency frequency and urge incontinence are also defined as overactive bladder.
- Bowel control problems include the loss of normal control of the bowels that can lead to constipation or fecal incontinence (FI). FI, leakage of solid liquid stool or gas, is also called anal incontinence (AI) and accidental bowel leakage (ABL).

3. All of the following items can affect a PFD:

- Exercise
- Coughing
- Laughing
- Sneezing
- Caffeine
- Age
- Vaginal childbirth
- Emotional stress
- Ethnicity

Answer: True

4. Surgery is the only way to fix a PFD unless you want to just wear pads.

Answer: False

Women do not have to suffer in silence or simply manage a PFD with pads. There are several non-surgical and surgical treatment options. PFDs can be effectively treated by working with a trained Urogynecologist to develop a treatment plan for your individual needs.

5. PFDs are a normal part of aging.

Answer: False

PFDs are not a normal part of aging, although they become more common as women get older. With the help of a specialist, there are effective treatments for PFDs.

6. Having children increases the risk of suffering from PFDs.

Answer: True

Childbirth can contribute to the development of PFDs. Vaginal births double the rate of pelvic floor disorders compared to Cesarean deliveries or women who never gave birth. However, Cesarean deliveries pose risks, as well.

7. A Urogynecologist is one of the physicians best suited to treat PFDs.

Answer: True

A general practitioner can help decide if you need a specialist. A urogynecologist, or urogyn, is a physician with specialized training to evaluate and treat women with pelvic floor disorders.