

How To Talk With Your Provider... About Down There

Helpful Tips to Start the Pelvic Health Conversation

If you had a lump in your breast you wouldn't keep it to yourself. If you leak urine or have bulging or pain in your vagina, don't keep it a secret. Millions of women have these concerns. Tell your provider and take control of your life!

Many women find it difficult to bring up the topic of pelvic issues even with their own doctors. Women sometimes feel embarrassed or think "It is just a normal part of getting older." If you are having symptoms it is important to tell your provider because they can be treated. Your doctor may offer treatment for these concerns or may refer you to a specialist. There are many non-surgical as well as surgical treatments that can correct these issues.

Specialists involved in treating Pelvic Health issues include:

- Colorectal specialist
- Gynecologist
- Pelvic Floor Physical Therapist
- Urologist
- Urogynecologist

*Call the Upstate Women's
Health nurse line at
315-464-2756
for more information or
to make an appointment*

Helpful Tips for Starting the Conversation:

1. I am having some concerns about my pelvis and have "some" or "all" of these symptoms:
 - a. Leaking when I sneeze, cough, laugh or have sex
 - b. Need to use the bathroom often or can't hold my urine or stool
 - c. Difficulty urinating or having a bowel movement
 - d. Pain in my pelvis
 - e. Pressure or bulging in my pelvis
2. I first noticed these symptoms (date) _____.
3. Do you know what might be causing my symptoms?
4. I want to find ways to treat or cure these symptoms.
5. Do you treat these symptoms?
6. Do you know of any doctors who specialize in treating women with my symptoms and would you refer me to someone you recommend?
7. Will you work with the specialist to make sure they know about my medical history?

