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GENITAL PROLAPSE: MODERN TREATMENT METHODS

Abstract: Genital prolapse is a common gynecological condition that affects many women worldwide, leading to discomfort, urinary incontinence, and reduced quality of life. This article explores the etiology, risk factors, and pathophysiology of genital prolapse, focusing on contemporary treatment methods. Conservative management, surgical interventions, and minimally invasive procedures are discussed in detail. The article also highlights the role of lifestyle modifications and physical therapy in the prevention and management of this condition.

Keywords: genital prolapse, pelvic organ prolapse, surgical treatment, conservative therapy, minimally invasive procedures, pelvic floor rehabilitation, urogynecology.

ПРОЛАПС ГЕНИТАЛИЙ: СОВРЕМЕННЫЕ МЕТОДЫ ЛЕЧЕНИЯ

Аннотация: Пролапс гениталий — это распространенная гинекологическая патология, которая затрагивает множество женщин во всем мире, вызывая дискомфорт, недержание мочи и снижение качества жизни. В данной статье рассматриваются этиология, факторы риска и патофизиология пролапса гениталий с акцентом на современные методы лечения. Подробно обсуждаются консервативная терапия, хирургические вмешательства и малоинвазивные процедуры. Также уделяется внимание роли изменений образа жизни и физиотерапии в профилактике и управлении данным состоянием.

Ключевые слова: пролапс гениталий, пролапс тазовых органов, хирургическое лечение, консервативная терапия, малоинвазивные процедуры, реабилитация тазового дна, урогинекология.

Introduction

Genital prolapse, also known as pelvic organ prolapse (POP), is a condition in which the pelvic organs, including the uterus, bladder, or rectum, descend from their normal anatomical position due to weakened pelvic floor muscles and connective tissue. This condition primarily affects women, especially those who have undergone multiple vaginal deliveries, menopause, or have a history of heavy lifting or chronic constipation.

The prevalence of genital prolapse increases with age, significantly impacting women's quality of life, leading to urinary incontinence, pelvic discomfort, and difficulties in sexual function. The management of genital prolapse has evolved significantly over the years, with various treatment modalities ranging from conservative measures to advanced surgical procedures.

This article aims to provide a comprehensive review of modern treatment methods for genital prolapse, highlighting the advantages and limitations of different approaches.

Etiology and Risk Factors

The development of genital prolapse is multifactorial, with various risk factors contributing to the weakening of the pelvic floor:

- **Childbirth and Pregnancy:** Vaginal deliveries, especially with prolonged labor or instrumental assistance, increase the risk of pelvic floor dysfunction.

- **Menopause:** Estrogen deficiency leads to reduced collagen synthesis and weakening of the pelvic support structures.

- **Chronic Increased Intra-Abdominal Pressure:** Conditions such as obesity, chronic constipation, and heavy lifting contribute to pelvic organ descent.

- **Genetic Predisposition:** Women with a family history of pelvic floor disorders have a higher risk of developing prolapse.

- **Previous Pelvic Surgeries:** Hysterectomy and other gynecological surgeries may alter the anatomical support of the pelvic organs.

Conservative Management

For mild to moderate cases, non-surgical treatment options can effectively alleviate symptoms and prevent disease progression:

1. **Pelvic Floor Muscle Training (PFMT):** Kegel exercises strengthen the pelvic floor muscles and improve support for pelvic organs.

2. **Pessary Use:** Vaginal pessaries provide mechanical support to prolapsed organs, relieving symptoms in women who prefer non-surgical management.

3. **Hormonal Therapy:** Local estrogen therapy can enhance tissue integrity and improve vaginal tone in postmenopausal women.

4. **Lifestyle Modifications:** Weight management, dietary adjustments, and avoiding heavy lifting can reduce intra-abdominal pressure and prevent worsening of prolapse.

Surgical Interventions

Surgical treatment is recommended for severe cases where conservative methods fail to provide adequate relief. Surgical options include:

1. **Vaginal Repair Procedures:** Anterior and posterior colporrhaphy are commonly performed to reinforce the vaginal walls and correct prolapse.

2. **Hysteropexy and Sacrocolpopexy:** These procedures use synthetic mesh or autologous tissue to provide long-term support to the prolapsed organs.

3. **Minimally Invasive Approaches:** Laparoscopic and robotic-assisted surgeries offer reduced recovery time, less pain, and improved surgical outcomes.

Role of Physical Therapy and Rehabilitation

Post-surgical rehabilitation plays a crucial role in recovery and preventing recurrence. Specialized physical therapy programs focus on:

- Pelvic floor strengthening exercises
- Biofeedback therapy to improve muscle control
- Electrical stimulation techniques to enhance neuromuscular function

Conclusion

Genital prolapse remains a significant health concern affecting many women worldwide. The advancement in both conservative and surgical treatment methods has provided more effective and patient-tailored approaches to managing this condition. A multidisciplinary approach involving gynecologists, physiotherapists, and urogynecologists ensures optimal outcomes for patients. Further research into innovative techniques and materials for pelvic organ prolapse repair will continue to enhance treatment efficacy and patient satisfaction.

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