

**Medical Edge Radio from Mayo Clinic**

**Postpartum Pelvic Floor Problems**

1:00

<b>Log</b>	<b>Audio</b>
<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
<b>Nats of baby crying</b>	THE BIRTH OF A BABY IS A JOYOUS TIME. BUT ALL THAT PUSHING AND STRAINING CAN BE PRETTY ROUGH ON A WOMAN'S BODY. MOST RECOVER JUST FINE...
<b>Christopher Klingele, M.D. (track 2 1:30)</b>	"BUT THEN THERE ARE WOMEN THAT WILL DEVELOP URINARY INCONTINENCE. SOME HAVE FECAL INCONTINENCE. AND THEN THEY START TO HAVE SOME RELAXATION SO THE BLADDER STARTS TO DROP, THE UTERUS STARTS TO DROP."
	DR. CHRISTOPHER KLINGELE IS A URO-GYNOCOLOGIST AT MAYO CLINIC. HE SAYS LENGTH OF

	<p>LABOR, THE BABY'S BIRTHWEIGHT AND FORCEPS USE ARE SOME OF THE RISK FACTORS THAT CAN CONTRIBUTE TO THE PROBLEMS. PROBLEMS MANY WOMEN FIND TOO EMBARRASSING TO EVEN DISCUSS WITH THEIR DOCTOR.</p>
<p><b>Dr. Klingele</b> <b>(track 2 6:05)</b></p>	<p>"WHEN IT STARTS TO BECOME A PROBLEM, STARTS TO ALTER YOUR QUALITY OF LIFE, THERE ARE SOME SIMPLE THINGS THAT CAN BE DONE TO IMPROVE THOSE ISSUES."</p>
	<p>SUCH AS EXERCISES, DIET CHANGES OR MEDICATIONS. SURGICAL TREATMENTS ARE ALSO AN OPTION.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I'M VIVIEN WILLIAMS.</p>