

Mayo Clinic's Medical Edge
Post Partum Incontinence

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
Tami Klingele, Patient	"HERE WE GO. ONE, TWO, THREE."
	FOR TAMI KLINGELE, PLAY TIME IS PRECIOUS TIME WITH HER TWINS JAKE AND CONNER. BUT IT WASN'T ALWAYS THAT WAY. EVERY TIME SHE RAN, OR LUNGED FOR A BALL, SHE HAD A LITTLE ACCIDENT. LIKE MANY WOMEN, TAMI HAD INCONTINENCE PROBLEMS AFTER GIVING BIRTH.
Christopher Klingele, M.D.	SOME WOMEN, WE DON'T KNOW WHICH, WILL HAVE PROBLEMS WITH THE PELVIC FLOOR."
	TAMI'S HUSBAND AND MAYO

	<p>CLINIC DR. CHRISTOPHER KLINGELE SAYS THOSE PROBLEMS INCLUDE STRETCHED OUT AND WEAKENED MUSCLES AND PROLAPSE...</p>
<p>Dr. Klingele</p>	<p>“WHERE THE BLADDER AND THE UTERUS START TO FALL DOWN OR OUT.”</p>
	<p>FIRST, DR. KLINGELE RECOMMENDS KEGEL EXERCISES TO HELP STRENGTHEN PELVIC MUSCLES. MEDICATIONS MAY ALSO HELP. BUT FOR SOME WOMEN, DR. KLINGELE RECOMMENDS SURGERY. IT WORKED FOR TAMI, AND NOW ALL SHE HAS TO WORRY ABOUT IS KEEPING UP WITH THE TWINS.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>

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