

Basic Overview of Pessaries a conservative management of Pelvic Organ Prolapse & Incontinence.

1.5 hours presentation with Q&A

Introduction of prolapses

- **Types of prolapse**
- **Symptoms**
- **Grade of prolapse**

Introduction of urinary incontinence

- **Types of Incontinence**
- **Symptom improvement stats**

Introduction of pessaries

- **The role of a pessary – Not a permanent fixture but more of lifestyle management**
 - **Pre surgery**
 - **Post op**
 - **During sports and activities**

Pessary features - ○ Types of pessaries

Fitting and removal

- **Space filling**

Fitting and removal

- **Lever**

Fitting and removal

- **Support**

Fitting and removal

- **Pregnancy pessaries**

- **Indication & contra-indication of pessary use**

How to choose the right pessary for your patient

- **Reasons why your patient may not be a good candidate for certain pessaries and how to get her the best choice**

Natural Sea Sponges

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Patient selection

- **Questions to ask your patient**

Vaginal dilators – A brief overview about the use.

Overview visual of all the pessaries and POP chart.

Introduction : Dr Bruce Crawford, board certified urogynaecologist, founder of Pfilates program and Vesylab

Q&A