

DON'T IGNORE YOUR PELVIC FLOOR



THIS IS YOUR INVITATION TO OPTIMISE YOUR PELVIC HEALTH...

In Birmingham and Solihull if you are pregnant or within one year of giving birth, you will be invited to complete a pelvic health self-assessment questionnaire via MyPathway App or website. This will identify your individualised pelvic health risk and any current symptoms.

Pregnancy and birth can have a big impact on your body and pelvic health, and in turn your overall wellbeing. By asking the right questions, we can understand your risks of developing pelvic health problems, alongside helping you with any symptoms you might be dealing with now. Even if you have no symptoms, it's important to understand good habits to support your pelvic health in the future.

Look out for your email invitation to register with MyPathway. This will be sent after your first midwife appointment and/or after the birth of your baby(s).

WHAT DO WE MEAN BY PELVIC HEALTH?

Pelvic health is about taking care of a part of your body that some might find embarrassing to talk about. It's making sure that your pelvic organs (bladder, bowel, womb) and their support systems (pelvic floor muscles and pelvic ligaments) are working as they should.

Our service is here to help people who live in Birmingham and Solihull with their pelvic health, supporting people with any symptoms they have, but also making sure their pelvic health is in the best possible shape now and for the future.



Symptoms can include: leaking wee; urgency to go to the toilet; bulge in the vagina, or heavy dragging sensation; accidentally pooing yourself or leaking wind; problems with sex, such as having pain or reduced sensation; muscle separation and lower back and pelvic girdle pain.

If you would like more information on pelvic health, Birmingham and Solihull's Perinatal Pelvic Health Service, and/or MyPathway then visit our website at <https://tinyurl.com/rehmbjxz>.

For perineal injury care and support visit <https://tinyurl.com/bdv7uww9>.