

PELVIC
ORGAN
PROLAPSE

*The Silent
Epidemic*

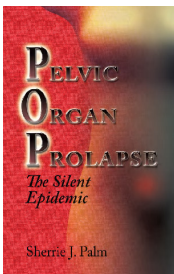
Sherrie J. Palm



ELOQUENTBOOKS

FOR IMMEDIATE RELEASE

PELVIC ORGAN PROLAPSE: THE SILENT EPIDEMIC **What Is POP and Why Do We Need to Know About It?**



Pelvic Organ Prolapse, or POP, is a little talked about female health issue that half of all childbearing women will experience late in life. There are more than 300,000 surgeries for POP annually. Due to various causes such as menopause, estrogen loss, genetics, childbirth or heavy lifting, a woman's pelvic organs can shift or drop. This can lead to POP symptoms, including some painful and embarrassing ones, as well as impacting a woman's sexuality.

The condition has probably always existed, but has received little press or public acknowledgement so women could learn about the condition and treatment options. This book on POP fills an unfortunate void in women's health awareness.

Sherrie Palm writes about her own personal experiences in *Pelvic Organ Prolapse: The Silent Epidemic*. She had never heard about the condition until she needed surgery for it. Palm explores the subject from all angles, providing the information women need to recognize the symptoms of POP and to become advocates for their own health.

Publisher's website: <http://www.eloquentbooks.com/PelvicOrganProlapse.html>

About the Author:

First-time author Sherrie Palm is a retired business owner. She lives in Wisconsin with her significant other; she has four children and seven grandchildren. Palm plans to conduct educational seminars on POP. She is also actively involved with the local Special Olympics and will donate a portion of the book's proceeds to the group.

For media inquiries, appearances, or other publicity — please contact:

Ellen Green — PressManager@aegpublishinggroup.com

AEG Publishing Group, Inc.

845 Third Avenue, 6th floor-6016 – New York, NY 10022

<http://www.Strategicbookpublishing.com> - <http://www.EloquentBooks.com> - <http://www.StrategicBookMarketing.com>

1-888-808-6190 - Corporate Office

###

BIOGRAPHY



First time author Sherrie Palm is a retired business owner. She lives in Wisconsin with her significant other; she has four children and seven grandchildren.

She is also actively involved with the local Special Olympics group and will donate a portion of the proceeds to her Special Olympics "kids".

Sherrie plans to conduct educational seminars on POP. She has three goals she hopes to achieve with her book.

1. Help women become aware of this common health issue and become comfortable talking about it.
2. Make the acronym POP for pelvic organ prolapse become commonly known.
3. Encourage the medical community to start educating women about this health concern and the importance of Kegel strengthening awareness at the first pelvic exam rather than waiting until POP becomes an active physical condition.

TABLE OF CONTENTS

Acknowledgements

Foreword by Dr. Debra Muth, ND, BS, MS, WHNP, Diplomate of
Anti-Aging Regenerative Medicine

Introduction: Knowledge is Always the Key

1. Pelvic Organ Prolapse, the Basics
2. The Cause of Pelvic Organ Prolapse
3. Types of Pelvic Organ Prolapse
4. Symptoms of Pelvic Organ Prolapse
5. When to Seek Medical Treatment
6. Medical Evaluation, What to Expect
7. Treatment Options
8. The Pessary
9. Surgical Options
10. What to Ask your Doctor Prior to Surgery
11. What to Expect with POP Surgery
12. What to Have on Hand Prior to Surgery
13. My Personal Experience
14. Preventing Pelvic Organ Prolapse
15. The Path to Awareness

Glossary

Resources

Product Resources

LETTER TO PHYSICIANS

Sherrie Palm
Mukwonago, Wisconsin 53149

I have written about the extremely common but little known female health issue, pelvic organ prolapse. The title of my book is Pelvic Organ Prolapse: The Silent Epidemic.

As you are aware, this common health concern for women is not new; unfortunately it remains in the closet because of the embarrassment women feel when they experience the symptoms of this condition. At the time I was diagnosed with POP and researched it prior to my surgery in February, 2008, I discovered that there were no books available on the subject. I feel it is absurd that women are not aware of this condition; I hope to change that. A random study I made found that 73% of women (including those in the health field) had not heard of it. My urogynecologist said that the reason for pelvic organ prolapse being in the closet is that women simply won't talk about it-every time I see a commercial during prime time for erectile dysfunction knowing that subject is common knowledge and this is not, I get rattled. ALL WOMEN need to know about this condition so they can recognize the symptoms at early onset and ideally obtain the least aggressive treatment possible.

I am in the early stages of aggressively marketing my book; there are so many pathways to getting this information out to women. I hope to have seminar/dialogue groups with women to help encourage women to start talking about this topic and become educated about the ins and outs of the condition and treatment options. Enclosed please find a copy of the press release as well as the table of contents. I am hoping that pelvic floor physicians will find my book a user friendly tool to recommend to their patients. Thanks so much for your time and consideration. In the event you have any questions about my book or the seminars, you can contact me in the following ways.

Email: sjpalm@wi.rr.com
Website: <http://www.sherriepalm.com>
Twitter: <http://www.twitter.com/POPauthor>

Sincerely,
Sherrie Palm

FOREWORD

By Dr. Debra Muth, BS, MS, WHNP, ND
Diplomate of Anti-Aging Regenerative Medicine
August 2008

Sherrie Palm, with her genuine positive and infectious energy, has been a wonderful friend over the years. Sherrie is also a patient of mine. One of the most difficult office visits I experienced at my medical practice was when I diagnosed her with a Cystocele and Rectocele, also referred to as Pelvic Floor Dysfunction.

Knowing of Sherrie's success as a researcher and integrative health advocate made it somewhat easier to deliver this unfortunately common diagnosis. It is ill fated for a proactive woman such as Sherrie to develop this type of disorder. She had been performing Kegel Exercises regularly for years. She was using Bio-Identical Hormones, following a proper diet, exercising regularly, and taking dietary supplements. How could this have happened to such an advocate of great health?

Unfortunately, she was unable to readily access an abundance of information to explain why this happened to her, and what she could have done to perhaps prevent it. The most difficult issues for any patient diagnosed with a disorder are for them to understand how it happened and to figure out what can be done to effectively treat it. This knowledge helps a patient understand, cope, and manage their respective afflictions. Gathering data regarding Pelvic Floor Dysfunction became a passion of Sherrie's.

In the summer of 2008, Sherrie Palm presented me with a manuscript for an enlightening book on Pelvic Floor Prolapse. After reading **Pelvic Organ Prolapse, The Silent Epidemic**, I knew that this book needed to get into the hands of women everywhere. It is packed full of the information needed to understand the cause of Pelvic Floor Dysfunction. Readers will gain a new and refreshing perspective on the treatment options and complications of this common disorder. After reading this book, you will not have to wonder any more about decisions you may need to make

regarding your condition and ultimate treatments. This book will help you realize that you are not alone. It will gently remind you that the most healing solution to any medical problem is knowledge.

It has been a pleasure to provide care to this author and to be her friend. As a practitioner, it is rewarding to help heal and educate others. I am proud to do this every day, and I am happy and proud that my friend has been able to experience the same.

Excerpt:

CHAPTER ONE

PELVIC ORGAN PROLAPSE:

THE BASICS

"POP" stands for what? In a time of truly enlightened women it is hard to imagine that there can be a condition that is quite widespread, yet relatively unheard of. The baby boomers of today are educated, self-reliant, pro-active answer finders; when a problem of any nature arises, they keep searching until they find the answers. It is hard to believe that there is a female condition that has been on record for centuries, is quite common, causes physical discomfort, can be corrected, and yet an extremely large percentage of women aren't even aware of it.

Being told at the age of 54 that I had pelvic organ prolapse was a bit of a shock. It wasn't so much that I had concerns about having a condition that needed to be addressed; I already knew that from the symptoms I was having. It was finding out that I had a condition *that I'd never heard of* that rocked me. I considered myself to be a relatively intelligent, medically self-educated person; to find out that a condition existed that I had never heard of and possibly could have prevented progression of was infuriating. Living during a time when ED (erectile dysfunction, a male condition where erection of the penis is difficult or sometimes impossible to achieve) is on television commercials all the time, I found it hard to believe that nothing was being discussed about pelvic organ prolapse.

Pelvic organ prolapse has probably been around since women began having babies. Many of the factors that contribute to its occurring are factors that were as prevalent in the days of early mankind as they are now. The oldest documentation of pelvic organ prolapse goes back to Egyptian times. The word "prolapse" comes from Latin origins meaning "to fall." Hippocrates wrote about inserting a pomegranate into the vagina as a treatment for prolapse, (hmmm, fruit in the vagina, let me think about this...), and at least one of its symptoms, urinary incontinence, is commonly known.

In general, the condition in its entirety is not discussed. This is a topic that not only needs to be brought out in the open so that women who are suffering in embarrassed silence can get treatment, but also to attempt to change the school of thought for the younger generation. If the importance of Kegel exercises was passed on at the same time as the importance of having routine pelvic and breast exams, and if it was repeated on a regular basis to young women, it would become second nature to these young women, just like having the other exams is. Since performing Kegel strengthening exercises is not visible to the naked eye and can be performed sitting, standing, or lying down, they can be done anywhere at any time. (Standing in line at the grocery or discount store is ssssoooo boring; this could give you something to focus on that would not only help keep those pelvic structures in place, but also help control urine leakage, as well as improve sensation in the lower region for more sexual sensation. See the chapter on prevention for more info.) If women in their twenties were taught a few basic, simple exercises that they could do

on a daily basis to help prevent pelvic floor complications later in life, maybe the amount or degree of pelvic organ prolapse cases would decrease. If nothing else, at least the awareness of the potential for pelvic organ prolapse would help bring it onto the front page.

POP (pelvic organ prolapse) can occur when an organ in the pelvic cavity (or organs, oftentimes there are multiple organs involved) shifts in a downward direction. This shifting can make the organ or organs such as the uterus, bladder, vagina, urethra, or rectum bulge out of the normal position. Sometimes they bulge down into the vaginal canal or even beyond it. This downward displacement of organs and attached tissues is called "pelvic organ prolapse," or POP for short.

>More than 40% of women suffer from some level of incontinence.

>There are more than 300,000 surgeries for POP annually.

>Caucasian women have the highest rate of POP.

>The number of women seeking care for POP is predicted to increase by 45% over the next few years.

>Some studies indicate that in the 55+ age category, 50% of women suffer from one or more POP problems.

> 1 in every 9 women undergoes surgery for a pelvic floor problem.

.... To read more, you can order

Pelvic Organ Prolapse: The Silent Epidemic by Sherrie Palm on the order page of this website, at your local brick and mortar bookstore, or on-line at your favorite virtual bookstore.

ISBN 978-1-60693-965-9

=====

If you are a reviewer, contact the author for a review copy sjpalm@wi.rr.com

LINKS TO PURCHASE THE BOOK and TO CONTACT MS PALM.

- I can be contacted by sending an email to sjpalmPOP@wi.rr.com,
- Twitter comment to <http://www.twitter.com/POPauthor> ,
- Direct note through the “Contact” page of my website @ <http://www.SherriePalm.com>.

INTERVIEW WITH SHERRIE PALM

- TELL US A LITTLE BIT ABOUT SHERRIE THE PERSON WHEN SHE ISN'T WRITING. WHAT DO YOU DO IN YOUR "SPARE" TIME?
- I live a very diverse, active, life. When I was partner in a semi-truck body shop, I was too busy to spend much time on anything beyond family and household paths; that business closed in 2007. In 2008 I was able to return to an activity that I had checked out in my late teens, involvement with Special Olympics. I connected with the head of the Mukwonago, Wisconsin Special Olympics group and hung out with the kids and parents during bowling season with the intention of eventually coaching a sport. I got my opportunity in early winter of 2008; that's when I started as assistant coach on one of the basketball teams. In all honesty (and I'm sure all Special Olympics coaches would agree), I get tons more from Special Olympics than I give. Those kids bring a huge smile to my heart each and every time I see them!

- WHEN DID YOU FIRST DISCOVER THERE WAS A LACK OF AWARENESS ABOUT PELVIC ORGAN PROLAPSE?
- I was first diagnosed with prolapse in December of 2007; I began to dig for information between that diagnosis and my first appointment with a urogynecologist in January of 2008. I was so shocked to find out that I had a condition that I'd never heard of; I began to research immediately. I am a huge believer in self help, particularly with health issues. I could not find any books on the subject at that time, although I was able to access information on the internet.

- HAD YOU ASPIRED TO WRITE A BOOK BEFORE THIS?
- No, although I've always been able to write well and used that ability for different aspects of the business that I was a partner in for 24 years, I never felt "inspired" about anything enough to consider writing about it. I feel such an urgent need to spread the word to other women about this common but little known health issue that is what I would consider that my "passion" rather than writing in and of itself.

- I GUESS THE NEXT QUESTION IS, DO YOU HAVE PLANS TO ADDRESS ANOTHER HEALTH ISSUE IN THE FUTURE? ANY IDEAS ABOUT WHAT THAT MIGHT BE?
- I hadn't considered writing another book until a couple of family friends asked that I write about a genetic health condition that has occurred in their family. If I write again, it will most likely be related to that health issue.

- WHAT ARE YOUR GOALS TO HELP GET THE WORD OUT ABOUT THIS SEEMINGLY UNDER DIAGNOSED AND DISCUSSED WOMEN'S HEALTH ISSUE?
- I plan on giving educational seminars for women to try and take pelvic organ prolapse and its symptoms and issues out of the closet. Women truly need to know about this condition; some of its symptoms can be a bit embarrassing so typically women just don't talk about it. The more information I can make available to women, the more likely they are to start talking about it. POP has been around since ancient times; it still amazes me that it is such an unknown health issue.

- IS THERE ANYTHING IN PARTICULAR ABOUT YOU, YOUR BOOK, OR PELVIC ORGAN PROLAPSE YOU WOULD LIKE TO TELL OUR READERS?
- I was told years ago by a now deceased great uncle that I come from a long line of strong women. Each of us finds our path at different times in our evolution and in different ways. It is important to always try to share the insights we gain in life with others, knowledge is the base for strength. Every time we learn something new, if we share it with others, even if it only has the capacity to help one other person, that sharing has been purposeful.

- WHERE CAN PEOPLE GET YOUR BOOK? IS THERE A DISCOUNT FOR BULK ORDERS (say, for example a physician would like to use your book to inform their women clients about POP –and to address questions they might have?)
- My book is currently available at Amazon.com, Barnes and Noble, or through my publisher, Eloquent Books @ <http://www.eloquentbooks.com/PelvicOrganProlapse.html>. For those book vendors or health providers who would like to purchase the book in bulk for resale, a distributor discount is available through my publisher. The information for ordering through Eloquent Books at AEG Publishing Group is listed on the “Orders” page of my website, <http://www.SherriePalm.com>.
- HOW CAN THEY REACH YOU WITH QUESTIONS ABOUT THE CONDITION?
- I can be contacted by sending an email to sjpalmPOP@wi.rr.com, a twitter comment to <http://www.twitter.com/POPauthor>, or direct note through the “Contact” page of my website @ <http://www.SherriePalm.com>. I strongly urge women with specific medical questions to contact their personal physicians about their POP concerns; the information I can offer is strictly general information. Every woman’s body is unique, each case of POP is unique, each of us brings a very different set up concerns to the table. I am very happy to educate women about POP “basics”; I sincerely hope that women who believe they have POP will bring it to the attention of their physicians and get the proper medical intervention.
- ARE YOU OPEN TO TRAVEL TO SPEAK ABOUT THIS ISSUE OR DO TELEPHONE OR CHAT ROOM TALKS TO GROUPS THAT ARE INTERESTED IN HAVING YOU SPEAK? HOW SHOULD THESE PEOPLE CONTACT YOU?
- Absolutely! The more opportunities I have to speak to women about POP, the sooner it will become common knowledge for them. I intend to travel wherever scheduling allows an opportunity to address women about POP. I am also available for telephone discussions with media, support groups, or women’s organizations and will do my best to coordinate with those that want to have open chat time on-line. I can be contacted by emailing me @ sjpalmPOP@wi.rr.com or through either the “On the Road” page or the “Contact” page of my website. Again that website address is
- <http://www.SherriePalm.com>.
- IS THERE ANYTHING ELSE YOU WOULD LIKE TO TELL US?
- The bottom line for me is that it would benefit ALL women to become aware of the symptoms of pelvic organ prolapse. I had one of its symptoms 14 years prior to my POP surgery; if I’d have known about the condition, I might have been able to do something to control the severity of it. I am so happy that I did finally find out “what was wrong down there”, and that the surgery was able to return me to my “prior to prolapse” state of health. When we feel good, we lead much more productive lives!