

CYSTOCELE

Meaning: Cystocele is a medical condition characterized by the protrusion of the bladder into the anterior wall of the vagina, often causing pelvic discomfort and pressure.

1. A cystocele can cause discomfort and pressure in the pelvic region.
2. Women who have experienced childbirth are at a higher risk for developing a cystocele.
3. Symptoms of a cystocele may include urinary incontinence and difficulty emptying the bladder.
4. Surgical intervention may be necessary for severe cases of cystocele that do not respond to conservative treatments.
5. Pelvic floor exercises can help strengthen the muscles and potentially alleviate the symptoms of a cystocele.

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