

# Pelvic Pain: A Guide to Treating Chronic Pelvic Pain and Preventing Chronic Pelvic Pain

Pelvic pain is a common problem that can affect people of all ages. It can be caused by a variety of factors, including endometriosis, fibroids, and pelvic inflammatory disease. Treatment for pelvic pain typically involves medication, surgery, or a combination of both.

## Causes of Pelvic Pain

There are many potential causes of pelvic pain. Some of the most common causes include:



## Pelvic Pain: Pelvic Pain Guide To Treating Chronic Pelvic Pain And Preventing Chronic Pelvic Pain With Strategies For Ending Pelvic Pain And Living Free ... For Pelvic Floor Disorder and Dysfunction)

by Amanda Hollingsworth

★★★★☆ 4.5 out of 5

Language : English  
File size : 587 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 48 pages  
Lending : Enabled



- Endometriosis: Endometriosis is a condition in which the tissue that lines the uterus (the endometrium) grows outside the uterus. This can cause pain, infertility, and other problems.
- Fibroids: Fibroids are non-cancerous growths in the uterus. They can cause pain, heavy bleeding, and other problems.
- Pelvic inflammatory disease (PID): PID is an infection of the female reproductive organs. It can cause pain, fever, and other problems.
- Other causes of pelvic pain can include ovarian cysts, uterine prolapse, and sexually transmitted infections.

## **Symptoms of Pelvic Pain**

The symptoms of pelvic pain can vary depending on the underlying cause. Some of the most common symptoms include:

- Pain in the lower abdomen or pelvis
- Pain during intercourse
- Pain during menstruation
- Pain during bowel movements
- Pain during urination
- Heavy bleeding
- Infertility

## **Treatment for Pelvic Pain**

The treatment for pelvic pain depends on the underlying cause. Some of the most common treatments include:

- **Medication:** Medication can be used to relieve pain and inflammation. Some of the most common medications used to treat pelvic pain include ibuprofen, naproxen, and acetaminophen.
- **Surgery:** Surgery may be necessary to remove fibroids, endometriosis, or other causes of pelvic pain. Surgery can be performed laparoscopically (through small incisions in the abdomen) or through an open incision.
- **Other treatments:** Other treatments for pelvic pain can include physical therapy, acupuncture, and massage therapy.

## **Preventing Pelvic Pain**

There is no sure way to prevent pelvic pain. However, there are some things you can do to reduce your risk of developing pelvic pain, including:

- **Get regular pelvic exams:** Pelvic exams can help to identify and treat any problems that could lead to pelvic pain.
- **Use contraception:** Contraception can help to prevent pregnancy, which can reduce your risk of developing pelvic inflammatory disease.
- **Practice safe sex:** Practicing safe sex can help to reduce your risk of developing sexually transmitted infections, which can also lead to pelvic pain.
- **Maintain a healthy weight:** Maintaining a healthy weight can help to reduce your risk of developing fibroids.

- Get regular exercise: Regular exercise can help to strengthen your pelvic muscles and reduce your risk of developing pelvic pain.

Pelvic pain is a common problem that can affect people of all ages. It can be caused by a variety of factors, including endometriosis, fibroids, and pelvic inflammatory disease. Treatment for pelvic pain typically involves medication, surgery, or a combination of both. This guide provides information on the causes, symptoms, and treatment of pelvic pain.

If you are experiencing pelvic pain, it is important to see your doctor to rule out any underlying medical conditions. Treatment for pelvic pain can be effective in reducing pain and improving quality of life.



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