

Vaginal pessary beneficial in pelvic organ prolapse

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(HealthDay)—For women with symptomatic pelvic organ prolapse

(POP), use of vaginal pessary in addition to pelvic floor exercises is associated with improvements in prolapse symptoms and quality of life, according to a study published in the July issue of *Obstetrics & Gynecology*.

Rachel Y.K. Cheung, M.B.Ch.B., from the Chinese University of Hong Kong, and colleagues conducted a randomized trial involving women with symptomatic stage I to III POP. Participants were randomized to [pelvic floor](#) exercise training (control group; 128 women) or to pelvic floor exercise training and insertion of a vaginal pessary (pessary group; 132 women).

The researchers found that after 12 months, both groups had decreases in the Pelvic Organ Prolapse Distress Inventory of Pelvic Floor Distress Inventory and Pelvic Organ Prolapse Impact Questionnaire of Pelvic Floor Impact Questionnaire scores, with higher mean score differences in the pessary group (both P

"We provided further evidence in non-surgical treatment for POP," the authors write. "Prolapse symptoms and quality of life were improved in women using a vaginal pessary in addition to pelvic floor exercises."

More information: [Full Text \(subscription or payment may be required\)](#)

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