

The Enabling Technology:

da Vinci Surgical System

The *da Vinci* Surgical System is designed to provide surgeons with enhanced capabilities, including high-definition 3D vision and a magnified view.

Though it is often called a "robot," *da Vinci* cannot act on its own. The surgery is performed entirely by your doctor. He or she controls the *da Vinci* System, which translates all hand movements into smaller, more precise movements of tiny instruments inside your body.



Together, *da Vinci* technology allows your doctor to perform complex procedures through just a few tiny openings. As a result, you may be able to get back to life faster without the usual recovery following major surgery.

The *da Vinci* System has been used successfully at Barton Memorial Hospital and worldwide in hundreds of thousands of procedures to date.*



Barton Memorial Hospital

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All surgeries, including *da Vinci* Surgery, involve risk of major complications. Before you decide on surgery, discuss treatment options with your doctor. Understanding the risks of each treatment can help you make the best decision for your individual situation.

Treating Pelvic Floor Prolapse



da Vinci[®] Si^{HD}
SURGICAL SYSTEM

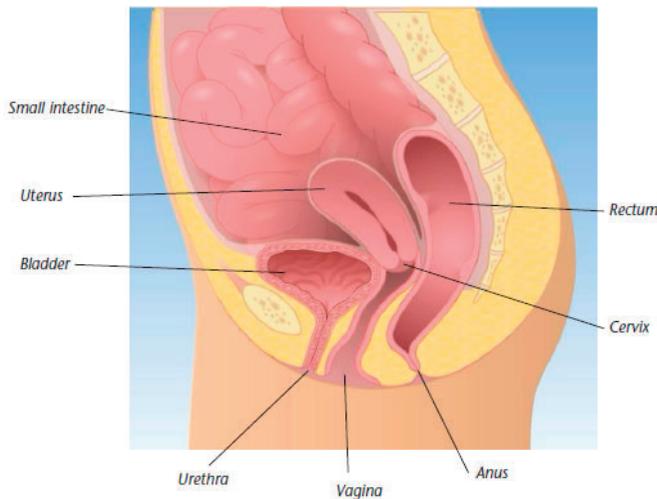
Conditions:

Pelvic Organ Prolapse

Pelvic organ prolapse is a disorder in which one or more of the pelvic organs drop from their normal position. It is caused by injury to the muscles or tissues that support the pelvic organs. The main cause of this injury is pregnancy and childbirth, especially vaginal childbirth. Women who have had a vaginal delivery have a slightly increased risk of pelvic support problems than those who have had a cesarean delivery.

Other causes may include:

- Prior pelvic surgery
- Menopause
- Aging
- Intense physical activity
- Factors that increase abdominal pressure: overweight, constipation and straining to have a bowel movement and chronic coughing
- Genetic factors



Symptoms:

Pelvic Support Problems

The pelvic organs include the vagina, cervix, uterus, bladder, urethra, small intestines and rectum. The pelvic organs are held in place by pelvic floor muscles. Layers of connective tissue called fascia also provide support. These supporting muscles and fascia may become torn, stretched, or weakened with aging. Pelvic support issues are often associated with pelvic organ prolapse – a condition where the fascia and muscles are no longer able to support the pelvic organs. As a result, the organs drop downward.

Pelvic Organ Prolapse Symptoms

Many women have no symptoms associated with their pelvic organ prolapse. Those who do have problems range from mild to severe, and include:

- › Feeling of pelvic heaviness or fullness
- › Bulge in the vagina
- › Organs bulging outside the vagina
- › Pulling, aching or pressure in the lower abdomen or pelvis
- › Lower back pain
- › Urine leakage (urinary incontinence) or problems having a bowel movement
- › Needing to push organs back into the vagina to empty the bladder or have a bowel movement
- › Sexual difficulties
- › Problems inserting tampons or applicators
- › Pelvic pressure that worsens with standing, lifting or coughing as the day goes on

Treatment:

Exploring Your Options

Treatment

Your treatment will depend on the type of pelvic organ prolapse you have. Your doctor may recommend first treating your prolapse without surgery. In some people, if symptoms significantly affect quality of life, surgery is eventually necessary.

Medications

Menopause results in lower estrogen levels, which weakens the muscles of the vagina. Estrogen therapy may strengthen these muscles. However, some people shouldn't use estrogen, so discuss risks and benefits with your doctor. If you develop symptoms of one type of prolapse, you're more likely to develop other types.

Physical Therapy

Physical therapy may include pelvic floor exercises using biofeedback to strengthen specific muscles of the pelvic floor.

Surgery

Your doctor may use minimally invasive (laparoscopic) surgery, including robot-assisted surgery, to treat some types of pelvic organ prolapse. Minimally invasive surgery allows your surgeon to make smaller incisions and can shorten your hospital stay. Talk to your surgeon about why one procedure may be better for you than another, what the surgical approach will be, and what materials will be used. Also ask your surgeon about the long-term success for your planned procedure.