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Patient Education Articles from SGS Members

Prolapse

- [Having Prolapse Problems Fixed Without Hysterectomy](#)
- [Cystocele, rectocele and pelvic support surgery](#)

Urinary Incontinence

- [Kegel's Exercises and Devices for Stress Urinary Incontinence](#)
- [How Common is Urinary Incontinence?](#)
- [Basic Tests for Women Who Leak Urine](#)
- [Drugs That Cause Urinary Incontinence](#)
- [Does high impact activity cause incontinence?](#)
- [Voiding Difficulty after an Incontinence Procedure](#)

Other Pelvic Surgery

- [Restoration of Vaginal Opening Looseness](#)
- [Is the Uterus Necessary After Childbearing is Completed?](#)
- [Lap assisted vaginal hysterectomy](#)
- [Urinary Tract Injuries During LAVH](#)

Patient Instructions

- [Kegel Exercises](#)
- [Bladder Retraining](#)