

YOU'RE INVITED TO GUADALUPE REGIONAL MEDICAL CENTER'S

DOC TALK

Did you know your pelvic floor muscles work as a sling to support the pelvic organs, such as the bladder and uterus? Dysfunction can occur when the muscles and other structures in the pelvic region are not working the way they should, leading to weakness or spasms. Join OB/GYN, Alyson Kirchner, MD along with Licensed Physical Therapists Chelsea McCallister, PT, DPT and Eleah Slovacek PT, DPT as they talk about how Pelvic Floor Therapy can help you.

DATE & TIME

Thursday, September 12th • 1:30pm - 2:30pm

LOCATION

Seguin Public Library

TOPIC

Pelvic Floor Dysfunction



ALYSON KIRCHNER, MD
Board-Certified OB/GYN

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Studies show that 2/3 of all women will experience some type of pelvic floor dysfunction. Our goal is to help you regain control of your pelvic function, decrease your pain, and improve your quality of life.

Signs you may have Pelvic Floor Dysfunction:

- Using the restroom frequently throughout day
- Inability to make it to restroom without leaking urine
- Leaking urine when coughing, sneezing, or jumping
- Waking up multiple times a night to urinate
- Pain or pressure in your pelvic region or bladder

