



Ever Since I Had My Baby: Understanding, Treating, and Preventing the Most Common Physical Aftereffects of Pregnancy and Childbirth

Roger Goldberg

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“Now women have it all—a much-needed book covering an undiscussed part of women’s health, a book that beautifully explains the common and distressing problems of prolapse and incontinence. Finally, a woman can have the facts and options to make her a team player with her physician as she tackles these issues. The information in this book picks up where that in **What to Expect® When You’re Expecting** leaves off.”

—Elizabeth G. Stewart, M.D., author of **The V Book**

At last, a reassuring, straightforward, and practical guide to easing, preventing, and even curing, once and for all, the symptoms of pelvic-floor disorders, including:

- incontinence
- prolapse
- pressure and pain
- sexual difficulties
- bowel troubles

Pelvic-floor disorders are much more common than you might think—millions of women suffer from one or more symptoms of pelvic-floor injury. These problems often stem from the strain placed on the body during pregnancy and childbirth, although symptoms may take years, or decades, to appear—if they don’t begin right away. Childbirth can wreak havoc on even the healthiest woman’s body, and you may still be feeling the effects long after the birth of your last child.

If you suffer from any of these conditions, you do not need to feel helpless, and you are certainly not alone. Every one of these pelvic disorders is treatable, even curable in many cases. Dr. Roger Goldberg, a respected physician in the emerging field of urogynecology, provides the most up-to-date information on surgical and nonsurgical treatment options. He offers a clear explanation of the pelvic anatomy and why these disorders occur and also describes simple preventive techniques you can use to ease pelvic symptoms and minimize further strain (including the correct way to do Kegel exercises).

Armed with the facts and candid advice contained in **Ever Since I Had My Baby**, you will be able to discuss your individual symptoms and potential treatments with your doctor confidently and knowledgeably. This book will help you realize the freedom you’ve been seeking from the emotional and physical burden of symptoms that often go unmentioned, or are overlooked, in women’s health care.

From the Trade Paperback edition.

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Spent a free time for you to be fun activity to complete! A lot of people spent their sparetime with their family, or their own friends. Usually they undertaking activity like watching television, going to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? Could be reading a book could be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the book untitled Ever Since I Had My Baby: Understanding, Treating, and Preventing the Most Common Physical Aftereffects of Pregnancy and Childbirth can be fine book to read. May be it could be best activity to you.

Manuel Rose:

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