

ISN'T IT TIME WOMEN OPTIMIZE THEIR BELOW-THE-WAIST HEALTH?

Women suffer in silence with below-the-waist symptoms they find too embarrassing to share with doctors, intimate partners, family, or friends, such as *vaginal tissue bulge, urinary incontinence, fecal incontinence, chronic constipation, or pain with intimacy.*

Pelvic organ prolapse is **The Biggest Secret in Women's Health**. Award-winning author, patient advocate, vaginal and intimate health activist, Sherrie Palm addresses the most significant *underacknowledged, underscreened, and underdiagnosed* pandemic in women's health, frequently research estimated to impact **50% of women** worldwide.

Palm shares her personal POP experience, illuminates patient quality of life perceptions, and clarifies practitioner perspectives, paving the path to the next notable evolution of women's health awareness, screening, practice, and policy. Palm's book ignites a *long-overdue revolution* in women's wellness best practice.

Here is what you will discover in The Biggest Secret in Women's Health:

- Explanation of five types of pelvic organ prolapse.
- Symptom, cause, and treatment breakdown.
- How to prep for surgery.
- Clarification of mesh repair.
- What to expect after surgery.
- Vaginal and intimate health empowerment insights.

Aids included in The Biggest Secret to guide your journey:

- Tips and tools.
- POP Risk Factor Questionnaire.
- POP Questions to ask your doctor.
- Where to find POP support.

A **must-read** for all women.

A **valuable adjunct** to diagnostic practitioner curriculum.

A beneficial **patient reference tool** for the practitioner's consult desk.

Purchase this book now NOW on [Amazon](https://www.amazon.com) or in local book brick and mortar stores to optimize your vaginal and intimate health insights!