

FOREWORD

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Pelvic organ prolapse (POP) is truly a condition that is disruptive to quality of life, bothersome to women in their most active years as well as later in life. POP is a health concern which connotes almost a “taboo-like” quality related to both interpersonal as well as professional communication, and one that is surrounded by substantial gaps of knowledge and inherently wrong information, much of it imparted by well-meaning but incompletely informed sources.

This book is a sentinel accomplishment, an effort to improve knowledge empowerment and patient awareness of pelvic organ prolapse including the condition’s impact on the overall woman, as well as the multi-faceted symptoms associated with this disorder. It has been said previously that “knowledge is power”. This tome provides core knowledge which allows women to most importantly, understand POP, as well as consider reasonable options for management of this entity.

I have had the singular pleasure to have professionally worked with and observe Ms. Palm over the last five years. She is an energetic and powerful voice for women with pelvic organ prolapse. Sherrie has traveled the world, understanding cultural adaptations to this condition (given that it affects women of all cultures and geographies). Sherrie’s willingness to give of herself to assist her sisters in the management of this condition is exemplary of her commitment and concern for women who experience POP. She has taken a publicly relatively obscure topic and conveyed it in a straight-forward and easy to understand method. Most importantly, she has provided women with the insights to seek intervention and care when appropriate, and to understand the options and choices that are involved in the management of this condition.

Pelvic organ prolapse is a condition that the remedy often offered is surgery. It is important that women understand there are multiple options aside from surgery for the management of this condition and its attendant symptoms, inclusive of a cohesive and global management strategy that includes attention to the urinary, bowel, sexual function, and potential pain components that POP can cause for women.

This is a “must read” for those women who wish to be fully informed in a balanced and reasonable way, and who wish to obtain critical understanding of their condition for purposes of making informed choices.

Sherrie Palm should be recognized for her unwavering commitment to women who suffer with pelvic organ prolapse, and her willingness to give of herself to improve the status of those women.

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