



# Pelvic Organ Prolapse: The Silent Epidemic

*Sherrie Palm*

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## **Pelvic Organ Prolapse: The Silent Epidemic** Sherrie Palm

Pelvic Organ Prolapse, or POP, is a little talked about female health issue that half of all childbearing women will experience late in life. There are more than 300,000 surgeries for POP annually. Due to various causes such as menopause, estrogen loss, genetics, childbirth or heavy lifting, a woman's pelvic organs can shift or drop. This can lead to POP symptoms, including some painful and embarrassing ones, as well as impacting a woman's sexuality. The condition has probably always existed, but has received little press or public acknowledgement so women could learn about the condition and treatment options. This book on POP fills an unfortunate void in women's health awareness. Sherrie Palm writes about her own personal experiences in Pelvic Organ Prolapse: The Silent Epidemic. She had never heard about the condition until she needed surgery for it. Palm explores the subject from all angles, providing the information women need to recognize the symptoms of POP and to become advocates for their own health. Pelvic Organ Prolapse: The Silent Epidemic named the winner for Women's Health in the USA Book News National "BEST BOOKS 2009" Awards. <http://www.usabooknews.com/2009bestbooksawards.html> More information about Sherrie Palm, and how she is creating awareness for this women's health issue can be found on her website: <http://sherriepalm.com/home> About the Author: First-time author Sherrie Palm is a retired business owner. She lives in Wisconsin with her significant other; she has four children and seven grandchildren. Palm plans to conduct educational seminars on POP. She is also actively involved with the local Special Olympics and will donate a portion of the book's proceeds to the group.

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