

**The pelvic floor is** made up of a group of muscles, ligaments and connective tissues that enclose the lower part of the abdominal cavity in both men and women. (Fig.2 female pelvis)

Its function is to maintain the pelvic organs (bladder, urethra, rectum and in women also uterus and vagina) in their physiological position in order to function properly. When this fails we have urine leakage, prolapse, sexual dysfunction.

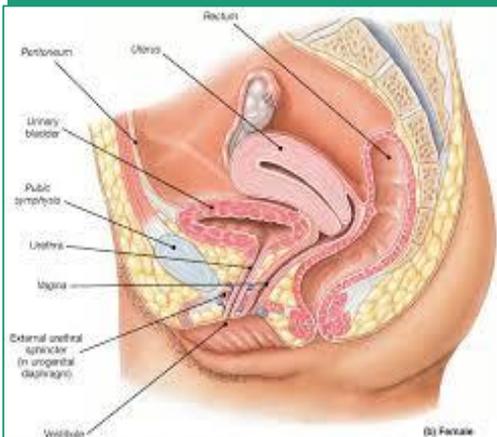


Fig.2

INSERIRE  
IL FRANCHETTO  
QUI

**Who to contact and where:**

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**When do you  
schedule a colon  
proctology visit?**



## Why a visit?

The proctologic visit aims to identify diseases in the anus-rectal area. It is also an important form of prevention and should be done by all the people above 40 years of age, and even before if in the family have occurred cases of rectal cancer. NB It is very useful for the diagnosis to bring old reports of already performed exams.

## What will happen during the visit?

The first stage consists of a conversation between the doctor and the patient, where are exposed all the symptoms and the reasons that led to the visit. The second phase consists in a rectal inspection by the physician with the patient lied down on the left side (Figure 1), with your knees closer to your chest, **taking care only to find out the affected part during the visit.**



Fig.1

## What is Colonproctology?

The Coloproctology is a branch of medicine that studies the diseases of the anus and rectum. Symptoms that should make us schedule a visit are:

- bleeding
- Pain in the anal region
- itch
- Whitish or pinkish secretions

### What disorders may cause the Symptoms?

- Abscesses and fistulas
- Rectocele-anal fissure
- Fecal Incontinence
- hemorrhoidal disease
- tumors of the rectum and polyps

- ❖ Where is needed the doctor will dispose diagnostic 1st level tests: **anoscopy**, 2nd level: **colonoscopy** or any 3rd-level exams: **MRI defecated**
- ❖ **There** will be **no** rule of preparation apart of the daily intimate hygiene. The visit **is** also **executable** in presence **of menstruation**.

## ...and then?

The detailed exam is essential to frame the problem and especially to refer the patient to the execution of targeted diagnostic tests and help out in the choice of best therapy including:

- **Medical therapy:** use of drugs;
- **Surgical therapy:** the planning of a procedure;
- **Rehabilitative therapy:** running with a specialist in Pelvic Floor Rehabilitation specific exercises to restore normal functionality.