

A PELVIC HEALTH SELF CHECK

Your Body Is Talking

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Your Body Is Talking: A Pelvic Health Self Check

Many women notice changes in their bodies over time but are unsure what they mean or who to talk to about them. Pelvic and bladder changes are common, especially after childbirth, surgery, or hormonal shifts, yet they are often misunderstood or quietly tolerated.

As a urogynecologist, I see women every day who tell me they thought what they were experiencing was simply something they had to live with. My goal with this self check is to help you better understand what your body may be telling you and to give you clarity about next steps, if and when you are ready.

Pelvic health is not just about one symptom. It is about comfort, confidence, daily function, and quality of life. This guide is not meant to diagnose any condition. It is designed to help you reflect, learn, and feel supported.

DAILY LIFE AND COMFORT

- ☐ I PLAN ACTIVITIES AROUND BATHROOM ACCESS
- ☐ I AVOID CERTAIN EXERCISES OR SOCIAL ACTIVITIES BECAUSE OF DISCOMFORT OR WORRY
- ☐ I NOTICE PRESSURE, HEAVINESS, OR A FEELING THAT SOMETHING HAS CHANGED
- ☐ I FEEL LESS COMFORTABLE THAN I USED TO DURING DAILY ROUTINES

BLADDER AWARENESS

- ☐ I PLAN ACTIVITIES AROUND BATHROOM ACCESS
- ☐ I AVOID CERTAIN EXERCISES OR SOCIAL ACTIVITIES BECAUSE OF DISCOMFORT OR WORRY
- ☐ I NOTICE PRESSURE, HEAVINESS, OR A FEELING THAT SOMETHING HAS CHANGED
- ☐ I FEEL LESS COMFORTABLE THAN I USED TO DURING DAILY ROUTINES

PELVIC CHANGES

- ☐ I PLAN ACTIVITIES AROUND BATHROOM ACCESS
- ☐ I AVOID CERTAIN EXERCISES OR SOCIAL ACTIVITIES BECAUSE OF DISCOMFORT OR WORRY
- ☐ I NOTICE PRESSURE, HEAVINESS, OR A FEELING THAT SOMETHING HAS CHANGED
- ☐ I FEEL LESS COMFORTABLE THAN I USED TO DURING DAILY ROUTINES

CARE AND CLARITY

- ☐ I PLAN ACTIVITIES AROUND BATHROOM ACCESS
- ☐ I AVOID CERTAIN EXERCISES OR SOCIAL ACTIVITIES BECAUSE OF DISCOMFORT OR WORRY
- ☐ I NOTICE PRESSURE, HEAVINESS, OR A FEELING THAT SOMETHING HAS CHANGED
- ☐ I FEEL LESS COMFORTABLE THAN I USED TO DURING DAILY ROUTINES

What Your Answers May Mean

If you checked several of these boxes, you are not alone. Many women experience pelvic or bladder changes at different stages of life. These changes are common, but that does not mean they should be ignored or dismissed.

Urogynecology focuses on the evaluation and care of pelvic floor, bladder, and related gynecologic concerns.



My approach is wellness-forward. I look at how symptoms affect your daily life, your overall health, and your personal goals. Treatment is never one size fits all.

For some women, education and reassurance are enough.

Others benefit from lifestyle adjustments, pelvic floor therapy, medical treatments, or surgical options. The most important step is understanding your body and knowing that support is available.

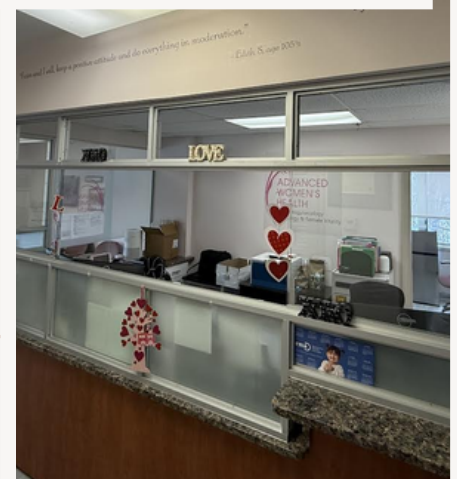
About Dr. Paul Littman



Urogynecology became a calling after witnessing how often women are told that urinary incontinence and prolapse are simply part of aging. These conditions can disrupt daily life and limit activities. Restoring comfort, confidence, and quality of life remains the central focus.

Comprehensive care includes advanced minimally invasive treatments for pelvic floor disorders, including single incision procedures, robotic surgery for fibroids and prolapse, sacral neuromodulation, and bladder botox. Expertise also extends to minimally invasive gynecology with an emphasis on fibroids and irregular menstrual cycles.

Training includes medical education at the New York College of Osteopathic Medicine, residency at the University of Buffalo, and fellowship training in Urogynecology and Reconstructive Pelvic Surgery through Atlantic Health System. Board certification in Female Pelvic Medicine and Reconstructive Surgery was achieved in 2013, with recognition including NJ Monthly Top Doctor and Castle Connolly Top Doctor. Personalized, attentive care guides every treatment plan.





An Invitation to a Consultation

If you are noticing changes in your body, asking questions about your health, or simply seeking clarity, I invite you to schedule a consultation.

Whether you are early in perimenopause, well into menopause, or navigating pelvic or hormonal changes, you deserve clear information and compassionate care.

Consultations are available through secure telehealth visits or in person at my Sparta and Wayne offices. Wherever you are in your journey, my goal is to provide guidance, education, and support so you can move forward with confidence.

To begin, I encourage you to schedule a consultation and start a conversation focused on your health, your vitality, and your well being.

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