



## Exploring the Role of Pelvic Floor Muscles in Women: A Comparison of Breast Cancer Patients and Healthy Individuals

Kimberly E. Liu\*

Dept. of Obstetrics and Gynecology, Mount Sinai Hospital, 600 University Ave., University of Toronto, Toronto ON, M5T 2Z5, Canada

\*Corresponding author: Kimberly E. Liu, Dept. of Obstetrics and Gynecology, Mount Sinai Hospital, 600 University Ave., University of Toronto, Toronto ON, M5T 2Z5, Canada; E-mail: Kimberly.liu@system.ca

Received date: 25 February, 2023, Manuscript No. AGCR-23-93405;

Editor assigned date: 27 February, 2023, Pre QC No. AGCR-23-93405(PQ);

Reviewed date: 14 March, 2023, QC No. AGCR-23-93405;

Revised date: 22 March, 2023, Manuscript No. AGCR-23-93405(R);

Published date: 29 March, 2023, DOI: 10.4172/2327-4360.1000135

### Description

The pelvic floor muscles are a group of muscles that support the organs in the pelvis, including the bladder, uterus, and rectum. These muscles play an important role in maintaining continence, sexual function, and pelvic stability.

In women with breast cancer, the function of the pelvic floor muscles may be affected by a variety of factors, including surgery, radiation therapy, chemotherapy, hormonal therapy, and physical inactivity. These treatments can weaken the muscles, leading to urinary or fecal incontinence, pelvic pain, and sexual dysfunction. There can be many causes of sexual dysfunction, including physical factors such as hormonal imbalances, medication side effects, or underlying medical conditions. Psychological factors such as anxiety, stress, depression, or relationship issues can also contribute to sexual dysfunction. Treatment options may include medication, therapy, lifestyle changes, or a combination of these approaches. It is important to talk to a healthcare provider if you are experiencing sexual dysfunction, as there may be an underlying issue that can be addressed.

However, pelvic floor exercises can help to strengthen these muscles and improve their function. These exercises, also known as Kegel exercises, involve contracting and relaxing the pelvic floor muscles. They can be done anywhere, at any time, and are often recommended for women with breast cancer to help manage symptoms and improve quality of life. In women without breast cancer, the pelvic floor muscles also play a vital role in maintaining pelvic health. Regular pelvic floor exercises can help to prevent urinary and fecal incontinence, improve sexual function, and reduce the risk of pelvic organ prolapse. These exercises are particularly important during pregnancy and after childbirth, when the pelvic floor muscles can become stretched and weakened.

Overall, the pelvic floor muscles are important for both women with and without breast cancer, and regular exercise can help to maintain their function and prevent pelvic health problems.

The pelvic floor muscles are a group of muscles that span the bottom of the pelvis. They attach to the pubic bone at the front and the tailbone at the back, and to the walls of the pelvis on either side. In women, these muscles support the bladder, uterus, and rectum.

### Pelvic floor muscles have several important functions

**Supporting the pelvic organs:** The pelvic floor muscles provide support to the bladder, uterus, and rectum, helping to keep them in place.

**Maintaining urinary and fecal continence:** Muscles help to keep the urethra, anus, and rectum closed, preventing urine and feces from leaking out.

**Sexual function:** The muscles are involved in sexual arousal and orgasm, and can help to enhance sexual sensation.

**Posture and stability:** The pelvic floor muscles play a role in maintaining good posture and stability, and can help to prevent back pain and pelvic instability.

It's important to keep the pelvic floor muscles strong and healthy to avoid problems such as urinary or fecal incontinence, pelvic organ prolapse, and sexual dysfunction. Pelvic floor exercises, also known as Kegel exercises, can help to strengthen these muscles. These exercises involve contracting and relaxing the muscles in a controlled manner, and can be done anywhere, at any time.

**Citation:** Liu KE (2023) Exploring the Role of Pelvic Floor Muscles in Women: A Comparison of Breast Cancer Patients and Healthy Individuals. *Androl Gynecol: Curr Res* 11:1.