



# Holding the Ball: How I survived pelvic organ prolapse - without surgery!

*Julia F Kaye*

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## **Holding the Ball: How I survived pelvic organ prolapse - without surgery!** Julia F Kaye

“It feels as if there is a ball – like a golf ball – trying to come down between my legs...” This was how Julia Kaye described one of her symptoms to the GP when she suddenly experienced what turned out to be a prolapse of her womb and bladder. In *Holding The Ball*, Julia explains how she learned various ways of managing this and other symptoms of pelvic organ prolapse, and so was able to avoid surgery and other invasive procedures which at first had seemed inevitable. This personal and engaging account of Julia’s experience is essential reading for any woman interested in learning how to manage or avoid pelvic organ prolapse – a distressing condition which affects up to a third of all women in the USA and UK.

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