



Types of vaginal prolapse and its prevention

The weakening of the muscles supporting a woman's pelvic organs can result in vaginal prolapse or [pelvic organ prolapse](#). Some women may have moderate prolapses, meaning they don't feel their vaginal prolapse. However, some women may feel as though a ball is hanging from their vagina or may experience pain when urinating or during a sexual activity. In this blog, we can see the types of vaginal prolapse and how to prevent it in detail.

<https://www.evacosmolaserclinic.com/types-of-vaginal-prolapse-and-its-prevention/>

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