



**MYTH BUST
NUMBER 6**

**"THE MORE BABIES I HAVE,
THE MORE LIKELY IT IS
THAT I'LL PROLAPSE."**

***SOME PEOPLE EXPERIENCE PROLAPSE, WHILST OTHERS DON'T.
THERE IS NO EVIDENCE THAT HAVING MORE BABIES RESULTS IN A
HIGHER LIKELIHOOD OF PROLAPSE.***

Pregnant or up to one year after birth? If you are having pelvic health issues, you don't have to *just live with it*. Whether your symptoms can be managed at home (using online self-help tools) or you need specialist treatment, tailored advice and care is available to you. Simply visit letsgetbetter.online/pelvichealth, scan the QR code or speak to your midwife or healthcare professional.

