

**MYTH BUST  
NUMBER 10**

**"I WANT TO BREAST  
FEED MY BABY BUT  
I CAN'T WITH A  
PROLAPSE,"**



***IF YOU CAN AND WANT TO BREAST FEED YOUR BABY,  
YOU SHOULD. BREASTFEEDING IS NOT GOING TO MAKE  
YOUR PROLAPSE WORSE.***

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](https://letsgetbetter.online/pelvichealth), scan the QR code or speak to your midwife or healthcare professional.

