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ABSTRACT 169

Title: Holistic Perineal Solution for Holistic Ageing

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Pelvic floor support plays very important role for normal function of pelvic organs. Age is one of the important etiological factors contribute to weakening of pelvic floor support. As age progress with vaginal delivery and chronic straining for defecation pelvic floor loses it support and descends. The pelvic floor descend contribute to obstructed defecation which account for about 50% of total constipations. Constipation leads to chronic straining insidiously damages and descends pelvic floor muscle. This vicious circle continues and complicates to various disorders at the perineum which are usually found to be closely associated with ageing. The complications of chronic constipation are practically the same as the different manifestations of pelvic floor disorders. They are named as if they are different entities but they are all commonly associated with constipation, lack of pelvic support and ageing. They are also conventionally managed differently by different specialities with different surgical methods. And all this methods generally based on similar basic principle: that is enhancing the support of the affected organ. Levatorplasty, a surgery to strengthen the support of pelvic floor at the anococcygeal region benefit all problems associated with pelvic floor disorders including constipation. And chronic straining for defecation is a major cause for pelvic floor damage and descends especially to anococcygeal part of pelvic floor. A newly rediscovered approach supported by available clinical evidences and few new clinical papers, a special toilet seat with a mechanical support for anococcygeal part of pelvic floor during defecation is found to have high therapeutic values. It corrects the mechanism of the disease and symptoms formation simultaneously without any reported or predictable side effect, making it the most promising long term holistic perineal solution. It should be seriously considered to be adopted as one of the important aspects in the concept of holistic ageing.