

Health Highlights: Pelvic floor + milk alternatives  
Matt Sheehan | Media Relations Coordinator  
Video Version

**ANCHOR INTRO:**

HOW TO CHOOSE WHICH MILK OPTION IS BEST FOR YOU – AND ... THE CONNECTION BETWEEN PREGNANCY AND PELVIC FLOOR INJURIES.

MATT SHEEHAN SHARES MORE IN TODAY'S HEALTH HIGHLIGHTS.

<<(WALK DOWN THE MILK AISLE – AND YOU'LL SEE SEVERAL VARIETIES: SOY... ALMOND... TRADITIONAL COW'S MILK... AND MANY MORE. YOU MAY WONDER – WHICH IS RIGHT FOR ME?

NOELLE PARK – A CLINICAL DIETITIAN AT OSF HEALTHCARE – SAYS UNLESS A HEALTH CARE PROVIDER HAS TOLD YOU OTHERWISE... ANY TYPE IS GOOD TO TRY.

SHE ALSO SAYS THERE'S A MISCONCEPTION THAT PEOPLE WHO ARE LACTOSE INTOLERANT CAN'T HAVE MILK.

**NOELLE PARK | CLINICAL DIETITIAN | OSF HEALTHCARE SOT**

“We have lactase pills that help in providing the enzyme to digest the lactose.”

PARK SAYS MILK HELPS WITH MUSCLE MASS AND BONE HEALTH. SHE SAYS THREE CUPS PER DAY IS THE STANDARD... BUT YOU CAN ALSO GET THAT FROM OTHER DAIRY PRODUCTS LIKE YOGURT AND CHEESE.

BRITTANY MAHOMES – THE WIFE OF KANSAS CITY CHIEFS QUARTERBACK PATRICK MAHOMES – SHARED ON SOCIAL MEDIA THAT SHE FRACTURED HER BACK... POSSIBLY DUE TO A WEAK PELVIC FLOOR.

THOSE MUSCLES ARE CONNECTED TO THE TAILBONE AND LOWER BACK. OSF PHYSICAL THERAPIST RACHEL WILLIAMS SAYS PREGNANCY AND LIFESTYLE CAN CONTRIBUTE TO PELVIC FLOOR-RELATED ISSUES SUCH AS PAIN AND INCONTINENCE WHEN MUSCLES ARE WEAK OR TOO TIGHT.

**RACHEL WILLIAMS | PHYSICAL THERAPIST | OSF HEALTHCARE SOT**

“We look at soaps, we look at diet, we look at lifestyle, behavior and stress. Stress is huge. When you're stressed, your muscles spasm. Your pelvic floor is a muscle. It will spasm and next thing you know you're going to the bathroom all of the time. Something simple as that can make a big difference.”

THERAPY CAN INCLUDE EXERCISES TO STRENGTHEN THE PELVIC MUSCLES AND GUIDED MEDITATION TO LOOSEN OVERLY TIGHT MUSCLES IN THE PELVIC FLOOR. IF YOU'RE HAVING ISSUES – CONTACT YOUR PRIMARY CARE PROVIDER – WHO CAN MAKE A REFERRAL FOR THERAPY.

WITH TODAY'S HEALTH HIGHLIGHTS... I'M MATT SHEEHAN. )>>