

## THE PELVIC PIGS AND THE BIG BAD BLOW: SHOWING THE IMPORTANCE OF DAILY ACTIVITY CARE FOR UROGYNECOLOGICAL HEALTH

### Introduction and aims

*The Three Little Pigs* presents a classical folkloric children's story and was first published by an Australian writer, Joseph Jacobs, in 1853. It became much more popular with the animation movie produced by Disney, in 1933. [1] Despite the great achievements, in scientific acknowledgement, of the conservative treatment as a first indication to urogynecological symptoms' approach [2], in Brazil, the field of physical therapy within urogynecology is still not well known by the population in general. The great majority of women still consider urinary incontinence signals and symptoms as "normal" after pregnancies and with aging, which limits the demand for specialized treatments.[3] Hence reinforcing the necessity of clarifying to the population about which would be the symptoms that can be treated by means of simple life habit approaches, like behavioral reeducation as well as practicing physical activity adding special care with the bladder and the pelvic floor muscles. Thus, we aimed to present a theatrical adaptation of this story to the population in general, in order to show the importance of daily activity care for a better urogynecological health.

### Design

The stage production team was composed of students and patients from two different universities and produced an educational play that approaches the conservative preventive treatment of urogynecological symptoms in a ludic, easy and funny way. This play is part of a university extension project called *Women's Health Attention*, which promotes women's health activities in patients from the public health network in our city and was approved by the University. The Pelvic Pigs tells the story of the three pelvic pigs and the big bad blow. Among these, Fifer Pig was very lazy and never took care of her health. Fiddler Pig was very agitated and always liked to do something important, had an overactive bladder syndrome, which made her life routine quite confused: she presented the symptoms of urinary urgency, going to the toilet frequently (inclusively, she had to run in order not to wet her underwear and felt disturbed for having to get up several times at night to go to piss). She felt being a real slave of her bladder. Whereas, Practical Pig had much healthier life habits than the other two. She used to go to the gym three times per week and have a balanced diet, accompanied by a dietitian. This video presents some situations from their daily routine, in order to demonstrate the reason why our good habits are important to everyone. The Big Bad Blow presents the wrong efforts and activities that some people do every day, emphasizing the important differences in the way each pig faces her own daily routine and in their quality of lives. The Pelvic Pigs tells the story of the three pelvic pigs and the big bad blow. Among these, Fifer Pig was very lazy and never took care of her health. Fiddler Pig was very agitated and always liked to do something important, had an overactive bladder syndrome, which made her life routine quite confused: she presented the symptoms of urinary urgency, going to the toilet frequently (inclusively, she had to run in order not to wet her underwear and felt disturbed for having to get up several times at night to go to piss). She felt being a real slave of her bladder. Whereas, Practical Pig had much healthier life habits than the other two. She used to go to the gym three times per week and have a balanced diet, accompanied by a dietitian. This video presents some situations from their daily routine, in order to demonstrate the reason why our good habits are important to everyone. The Big Bad Blow presents the wrong efforts and activities that some people do every day, emphasizing the important differences in the way each pig faces her own daily routine and in their quality of lives.

### Results

This play, which was targeted to the public in general, was initially presented at university with an audience basically composed of the university staff and students, totalizing 80 people, most of them women, a number which will hopefully increase in the following presentations. It showed to be successful, with a good acceptance level, followed by a substantial increase in the demand and adherence for urogynecological treatments at the *Physical Therapy Clinic*. Due to the play's success, the theatrical group was invited to have other presentations in two of the most important cities in our region, as well as at an important *Congress to be held in our city*.

### Conclusion

This different experience showed us that it is possible to have more participation, better informed population and increased adherence through an easy, ludic and funny form of presenting some serious, important and difficult to reach ideas and practice, as urinary symptoms and its approach.

### References

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### Disclosures

**Funding:** The authors have received no funding for this study. **Clinical Trial:** No **Subjects:** HUMAN **Ethics not Req'd:** This video presents a theatrical production that is part of university extension project called *Women's Health Attention*, and was approved by Federal University of Alfenas (UNIFAL/MG -PREAE n.2026). **Helsinki:** Yes **Informed Consent:** Yes