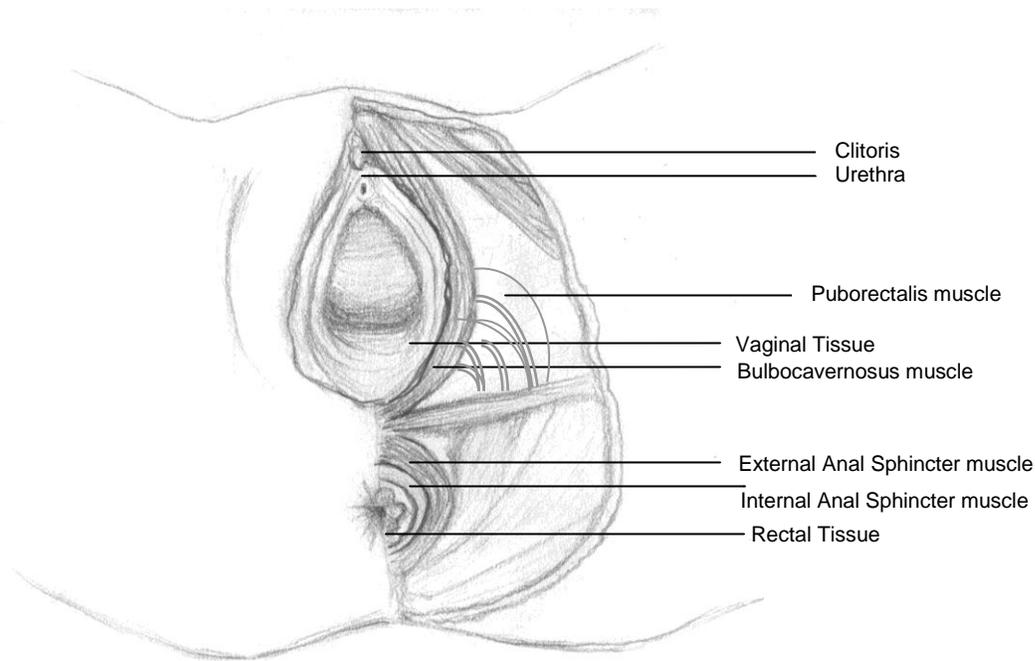


Normal Female Anatomy



The clitoris is roughly the size and shape of a pea. It is highly sensitive area containing 8,000 nerve endings and is used for bringing about feelings of pleasure.

The urethra is a tube coming from the bladder to the outside of the body. It allows urine to leave your body. The muscles that wrap around the urethra are called the urethral sphincter. These muscles squeeze tight to prevent leaking of urine especially when you cough or sneeze.

The Puborectalis muscle is a muscle that forms a sling around the rectum. Squeezing of the muscle helps to prevent urine and stool loss by squeezing the urethral and anal sphincters. Relaxing the muscle allows urine and stool to pass through.

There are two muscles that surround the anus. These muscles are called the internal anal sphincter and the external anal sphincter. The internal sphincter muscle is said to be involuntary meaning that we cannot control the muscle. It keeps the canal closed most of the time. The external sphincter is responsible for 15-20% of control of stool leakage. This muscle is voluntary. We do have control over this muscle. These muscles work with the puborectalis muscle to close the anus to help prevent stool leakage when you cough, sneeze, exercise, etc.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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