

“Pelvic Flawed” by Darren Gold

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This book, *Pelvic Flawed* (on Kindle, Amazon.com) is a book for women. I am not a doctor, so the perspectives of my comments are those of a woman reader. Yet the story it tells is deeply embedded in medicine and science, how major discoveries are resisted, often viciously by existing “experts”. Dr Gold likens the story of Professor Petros and the Integral Theory to that of Semmelweis and Copernicus. The former was pilloried for suggesting that dirty hands were the cause of the high mortality rates in childbirth, the latter for daring to suggest that the earth circled the sun. Though technical in some parts, the book is a page-turner.

In *Pelvic Flawed*, Dr Darren Gold discusses the profound impact of the Integral Theory on many pelvic floor problems (including incontinence) which have not been considered curable. This impact extends from the cure of chronic pelvic pain, inability to control the bladder and bowel to Africa, where the successful application of the theory by Dr Andrew Browning is beginning to revolutionize the treatment of incontinence following successful fistula repair. This fundamental knowledge, so important to an ageing society full of incontinent women remained unknown until Professor Peter Petros’ revolutionary discovery 25 years ago. It is explained clearly in the book (page 42).

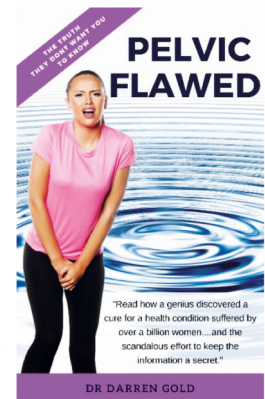
Dr Gold’s aim seems twofold

1. Primarily, to tell the story of a major discovery which is being suppressed by a small group of self-interested but influential doctors.

2. To educate and empower women with the knowledge to decide a course of treatment for pelvic floor problems which are curable (contrary to the current belief held by many doctors). He does this by coherently explaining the Integral Theory, a method that to date has been rejected and maligned by mainstream medicine. Yet this theory is disarmingly simple: looseness in the pelvic ligaments is the cause of symptoms and prolapses and can be cured by repair with small strips of tape. The ligaments appear to be the missing link that has eluded the profession for decades.

Dr Gold draws on examples of how its application has led to a successful surgical operation that restores the ligaments to their correct function. His inclusion of Sunny’s story, written in her own words, is an excellent example of how a life of pain and suffering can be changed literally overnight by the correct application of the Integral Theory by doctors who have the necessary knowledge and skills. Sunny describes her cure as “like turning on a light switch” (127)

Initially, I was overwhelmed with the information about the muscles and ligaments including the long technical names but encouraged by Dr Gold’s reminders that there was indeed a purpose to understanding how they worked, I kept reading. Surprisingly, I did understand more than I realised about the way my pelvic floor works when ligaments and muscles function normally and the multiplicity of problems which ensue should they be damaged and unable to provide the support required. His explanation about the structural importance of the uterus made clear why a hysterectomy does not cure incontinence issues permanently and should be avoided at all costs. There is no doubt that the



analogies Dr Gold gives and the simple illustrations he includes to demonstrate different concepts are most effective in coherently passing on this information (122).

Dr Gold addresses the reasons why this ‘tried and proven’ surgical cure is not readily available to women who would benefit from this operation. His book’s byline is ‘the truth they don’t want you to know’. Dr Gold reveals why there has been a concerted effort on the part of specific organisations and powerful members of the medical fraternity with vested interests to vilify and ostracise the inventor, Professor Peter Petros and his revolutionary operation and exposes the efforts of the TGA to ban the material required to perform the operation (92). The TGA, like every government body, relies on the advice of experts from relevant Colleges. Despite that the TFS had no safety issue, the TFS was removed from the approved list by the TGA, apparently on faulty advice from the TGA “Expert Advisory Committee on Mesh”.

To substantiate his claims, Dr Gold provides relevant, comprehensive documentation and correspondence. His reader-friendly detailed explanations enable readers to grasp the most salient points of the evidence, which because of legal and medical terminology, otherwise may be difficult to understand (41).

One specific question that kept coming to mind is why doctors with all their specialised training and knowledge do not know about the Integral Theory system. However, Dr Gold explains how specialists approach their area of expertise and that unless doctors look at the body holistically and work collaboratively they may miss the correct reason for the pelvic area problem (60).

If the description of how the ligaments and muscles worked was a challenge to keep reading, the description of the actions of the government regulatory body, the TGA, was even more of a challenge. Patience in this section is most rewarding, for, on reflection, this part is the very soul of the book. It is here that the moral corruption surrounding the Integral Theory paradigm is most evident.

After reading this book I was left considering three possibilities, none of which seem acceptable; that doctors are ignorant of the cure because they do not know how the ligaments and muscles of the pelvic floor work; they know about the ‘curable method’ but are too busy or disinterested to be retrained, or they know that incontinence is curable but intentionally suppress this knowledge! (64)

The message from Dr Gold is very clear. Armed with this knowledge and evidence of the surgical cure for pelvic floor problems, women can now be proactive. He encourages women to overcome two important taboos: firstly, tell their doctor that there is a cure for pelvic floor problems (because the doctor may not know about it) and secondly suggest a treatment (which the doctor may not agree with). A thoroughly informative, interesting and essential read for any woman suffering incontinence problems and indeed the doctors who care for them (89).