

STRESS URINARY INCONTINENCE STUDY: 6-MONTH FOLLOW-UP

HIFEM® TECHNOLOGY - A NEW PERSPECTIVE IN TREATMENT OF STRESS URINARY INCONTINENCE

Alinsod R.¹, Vasilev V.², Yanev K.³, Buzhov B.², Stoilov M.², Yanev K.³,
Georgiev M.³

1. South Coast Urogynecology, Laguna Beach, California

2. Urology Cabinet 'Dr. Vasilev', Sofia, Bulgaria

3. Department of Urology, Aleksandrovska University Hospital, Sofia, Bulgaria

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HIGHLIGHTS

- Quality of life **significantly improved in all women** after a course of six treatments with HIFEM technology.
- **71% of patients significantly decreased the use of hygienic pads.**
- At 6-month follow-up there was a **77% level of improvement** in incontinence according to KHQ questionnaire.

Parameter	KHQ Part 1	KHQ part 2
Score pre-treatment (Mean±SD)	97.78±34.67	284.91±147.08
Score post-treatment (Mean±SD)	65.83±29.31	110.19±115.66
Score 3-month follow-up (Mean±SD)	59.72±30.25	85.00±119.72
Score 6-month follow-up (Mean±SD)	55.00±35.12	71.02±122.34
Level of improvement pre- and post-treatment (%)	28%	61%
Level of improvement pre-treatment and 3-month follow-up (%)	34%	70%
Level of improvement pre-treatment and 6-month follow-up (%)	39%	77%

Results of the King's Health Questionnaire (KHQ) score; SD = standard deviation.

DESIGN AND METHODOLOGY

- 30 women with stress urinary incontinence (classified as SUI type O-2a), of average age 57.99 ± 10.36 years were enrolled.
- Patients had six therapies scheduled twice a week.
- Quality of life was assessed using King's Health Questionnaire (KHQ) investigating general health and the impact of incontinence on daily life.
- Additionally, patients were asked to report the number of used hygienic pads per day.
- Data was collected pre-treatment, post-treatment, and at both 3-month and 6-month follow-up.

RESULTS

- There was a **77% level of improvement** in incontinence impact according to KHQ **at 6-month follow-up**.
- The average KHQ score (both parts) was continuously decreasing during the course of study.
- **Short and long-term results showed improvement in patients' quality of life.**
- Patients **significantly decreased pad usage by 71% and at 6-month follow-up** patients only used 1.33 pad per day and night after the treatments.
- The results obtained from this study suggest the HIFEM technology is a promising approach for pelvic floor muscles stimulation that further improves the quality of life among SUI patients.

Use of hygienic pads

