

# STRESS URINARY INCONTINENCE STUDY: 6-MONTH FOLLOW-UP

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

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

1. South Coast Urogynecology, Laguna Beach, California

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

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

Presented at the Annual Meeting of the American Society for Laser Medicine and Surgery, 2018; Dallas, TX

### 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  $57.99 \pm 10.36$  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

