

Laser Treatment for Early Stages of Stress Urinary Incontinence and Pelvic Muscle Relaxation Syndrome

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SUMMARY

Frequent deliveries and the process of ageing can reduce the level of pelvic floor muscle contraction. Approximately 40% of women suffer from urine leakage and report dissatisfaction concerning their ability to achieve sexual gratification due to vaginal relaxation, but only about one fourth address their symptoms to their medical providers. Recent studies have reported on the applicability of laser therapy for the treatment of genitourinary disorders such as stress urinary incontinence and pelvic and diaphragm distension of the 1st and 2nd grade in women.

A open-labeled, prospective pilot study was conducted on 92 female patients who were scheduled for either laser vaginal treatment (IncontiLase™ therapy) or Kegel exercises in a control group after meeting the inclusion criteria. The procedure was performed with an XS Dynamis® Er:YAG laser (Fotona, Slovenia). Follow up was scheduled for 1, 2 and 6 months, measuring various parameters.

Preliminary (6-month) results showed significant improvement of the treated patients ($p < 0.05$) in all the domains tested, while in the control group there was no significant change observed.

The results of our study demonstrated that the minimally invasive IncontiLase™ therapy improves the relevant parameters of pelvic floor muscle strength and presents an effective solution for SUI treatment. Also, patients significantly improved their sexual gratification.

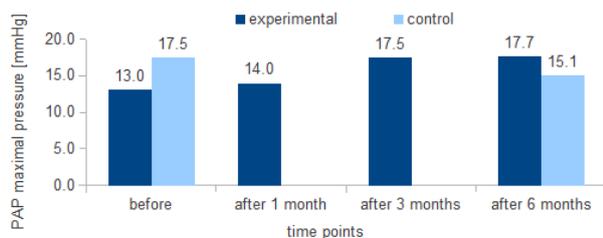


Fig.1: Perineometry measurements of maximum pressure (mmHg) in the experimental and control groups. The experimental group showed significant improvement, while the control group did not improve.

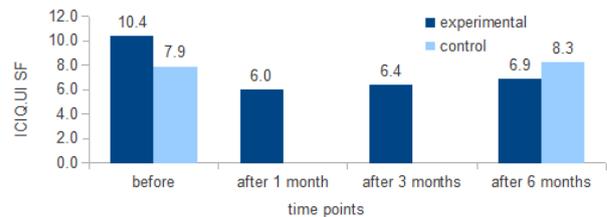


Fig.2: International Consultation on Incontinence Questionnaire - Urinary Incontinence Short Form (ICIQ-UI SF) scores. The experimental group showed significant improvement, while the control group did not improve.

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