

Laser Treatment of Stress Urinary Incontinence (SUI)

Sabina Sencar, Urska Bizjak-Ogrinc
Juna Clinic, Ljubljana, Slovenia

SUMMARY

Stress urinary incontinence (SUI), caused by weak support of the urethra, is usually a consequence of damage to pelvic floor structures. It is characterized by urine leaking during physical activities that increase abdominal pressure, like coughing, sneezing, laughing, or exercise. Weakness could be a consequence of pregnancy, childbirth, aging, or prior pelvic surgery. Other risk factors for SUI also include obesity and smoking [1].

The objective of this study was to confirm the use of laser treatment for stress urinary incontinence. Up to two sessions of IncontiLase™ treatment with an interval of 4 to 6 weeks between them were performed on 107 patients with SUI. Follow-ups were conducted 2 and 6 months after the treatment. For 41 patients (38.3%), 1 treatment was enough to improve the symptoms of SUI, while in 66 patients (61.7%) two treatments were needed. Among 107 patients treated, 102 (96.3%) decreased their SUI severity classification.

The severity and improvement of SUI with Er:YAG laser therapy were measured clinically with ICIQ-UI [2] (Fig. 1) as well as by the patients' subjective evaluation of improvement (Fig. 2).

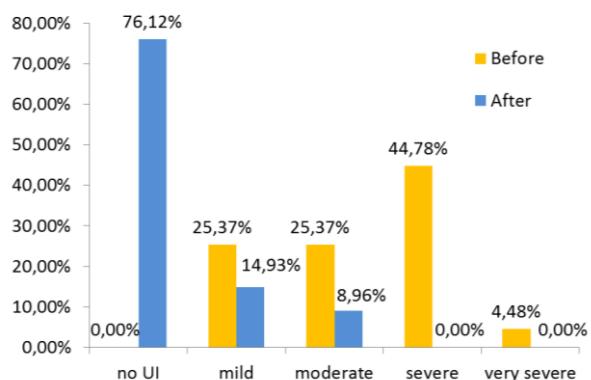


Fig. 1: SUI severity before and after IncontiLase™ as measured with ICIQ-UI.

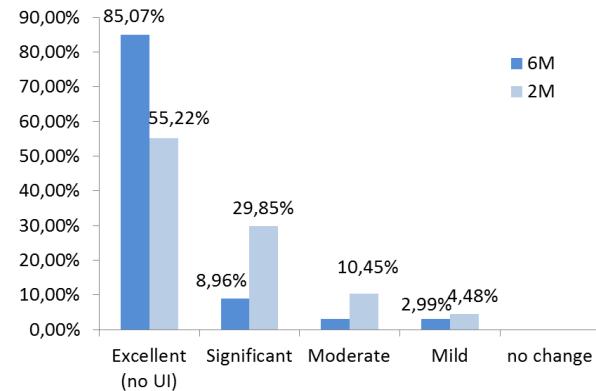


Fig. 2: SUI improvement at 2-month (2M) and 6-month (6M) follow-ups as evaluated by patients.

76% of patients were cured and all patients (100%) reported improvement of their SUI. There were no adverse effects reported.

The results of this study suggest that IncontiLase™ provides an excellent minimally invasive solution for treatment of early stages of SUI.

REFERENCES:

1. MacLennan AH, Taylor AW, Wilson DH, Wilson D (2000) The prevalence of pelvic floor disorders and their relationship to gender, age, parity and mode of delivery. BJOG: an international journal of obstetrics and gynaecology 107: 1460–1470.
2. Klovning A, Avery K, Sandvik H, Hunskaar S (2009) Comparison of two questionnaires for assessing the severity of urinary incontinence: The ICIQ-UI SF versus the incontinence severity index. Neurourology and urodynamics 28: 411–415.

The intent of this Laser and Health Academy publication is to facilitate an exchange of information on the views, research results, and clinical experiences within the medical laser community. The contents of this publication are the sole responsibility of the authors and may not in any circumstances be regarded as official product information by medical equipment manufacturers. When in doubt, please check with the manufacturers about whether a specific product or application has been approved or cleared to be marketed and sold in your country.