Laser Treatment of Stress Urinary Incontinence (SUI)

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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).

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: