

FEMALE URINARY INCONTINENCE AND SEXUAL FUNCTION AFTER THE HIFEM[®] PROCEDURE

EFFICACY OF HIFEM PROCEDURE FOR IMPROVEMENT OF URINARY INCONTINENCE AND FEMALE SEXUAL FUNCTION: EVALUATION OF 3 MONTHS PRELIMINARY DATA

Kimberly Evans, MD, FACOG¹; Julene B. Samuels, MD, FACS²

1. Sugar Land Medical Spa, Sugar Land, TX, USA
2. Julene B. Samuels MD, Prospect, KY, USA

Abstract accepted for oral presentation at ASLMS 2020

HIGHLIGHTS

- Subjects' **continence and sexual function** have been **significantly improved**.
- Interim results showed that the **HIFEM** procedure is an **effective** non-invasive solution for enhancement of **female sexual function**, accompanied with **urinary incontinence**.
- Besides **reduction of incontinence**, patients benefit most from **reduced pain** during intercourse, **increased lubrication**, and **arousal**, and they were also **more satisfied** with **orgasm intensity**.

DESIGN AND METHODOLOGY

- **Twenty-two subjects** (48.1±10.6 years), demonstrating incontinence-related problems in sexual life, were assessed in this prospective one-arm study.
- All subjects received **six HIFEM treatments**, with a frequency of **two sessions per week for three weeks**, focused on pelvic floor.
- **UI and sexual function** attributes were evaluated using **ICIQ-SF, FSFI** and **PISQ-12** standardized questionnaires.
- Follow-up visits were scheduled at the **baseline**, after the last treatment, 1 month and **3 months** post-treatment.
- Questionnaires' post-treatment scores were statistically analyzed using two-tailed t-test ($\alpha=5\%$).
- **Therapy comfort** was assessed after the last treatment session.

RESULTS

- Subjects reported **significant improvement (P<0.05)** in all questionnaires compared to baseline, with the greatest change at 3-month follow-up:
 - ICIQ-SF overall score decreased on average by **66.7%** (-8.0 points).
 - FSFI overall score showed significant increase by **42.7%** (+9.2 points).
 - PISQ-12 score increased significantly by **29.4%** (+9.4 points).
- Considerable improvement in the **control of leakage** during **coughing, sneezing** and while performing **physical activity**, was observed in treated subjects.
- FSFI questionnaire revealed a substantial **improvement in lubrication, arousal, and greater satisfaction with orgasm intensity**.
- PISQ-12 questionnaire showed **high level of improvement in emotive and physical domains**, referring to overall comfort and satisfaction during the intercourse.
- More data with longer follow-up is needed to corroborate the interim results.

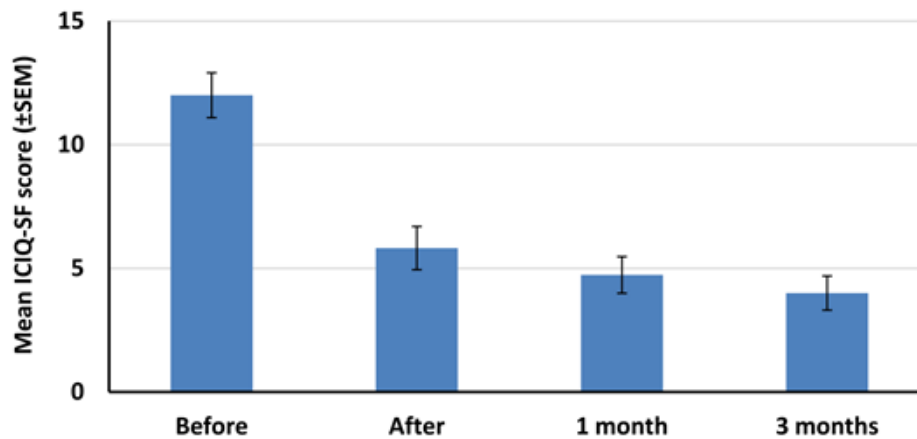


Figure 1: The mean of ICIQ-SF score before the treatment and at 1, and 3-month follow-up. The score significantly (P<0.05) decreased after the HIFEM treatment.

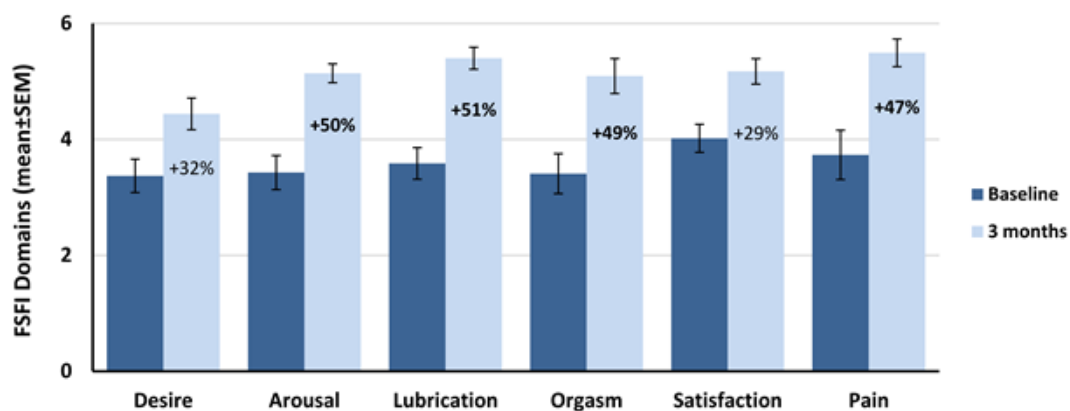


Figure 2: FSFI scoring for each domain. Comparison of FSFI Score and its domains at baseline and 3-month follow-up visit.