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PESARY AS AN ALTERNATIVE TREATMENT OF PELVIC ORGAN PROLAPSE

OBJECTIVES

To analyze the use and possible benefits of the vaginal pesary as a pelvic organ prolapse (POP) alternative treatment.

MATERIAL AND METHODS.

We reviewed all women who made a first-consult secondary to POP at Hospital del Mar during 2009. We assessed BMI, parity, age and degree of POP

of all patients in which vaginal pesary was prescribed, and their clinical subjective improvement was assessed. Vaginal pesary was indicated in 41 of the 73 first consults. These patients had an average BMI of 28.6, an average parity of 1.8 children and an average age of 70.4 years (range 47-87).

RESULTS

In the analysis of the results we found an statistically significant positive correlation between age and clinical improvement with the use of vaginal pesary (r 0.009).

There is a negative correlation between BMI and improvement with pesary with a tendency to statistical significance (r 0.008, p 0.092). Patients with less BMI presented better improvement.

There were no statistical differences between parity and improvement with the use of vaginal pesary.

COMMENTS AND CONCLUSIONS

The vaginal pesary is a treatment that improves POP symptoms, especially in patients of advanced age. It should be offered to all patients who consult for POP and prefer a conservative treatment or are on a waiting list for a surgical treatment or for those women who have surgical counterindications for concomitant pathologies

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<i>Is this a clinical trial?</i>	No
<i>What were the subjects in the study?</i>	HUMAN
<i>Was this study approved by an ethics committee?</i>	No
<i>This study did not require ethics committee approval because</i>	it's not a clinical trial
<i>Was the Declaration of Helsinki followed?</i>	No
<i>This study did not follow the Declaration of Helsinki in the sense that</i>	it's not a clinical trial
<i>Was informed consent obtained from the patients?</i>	No