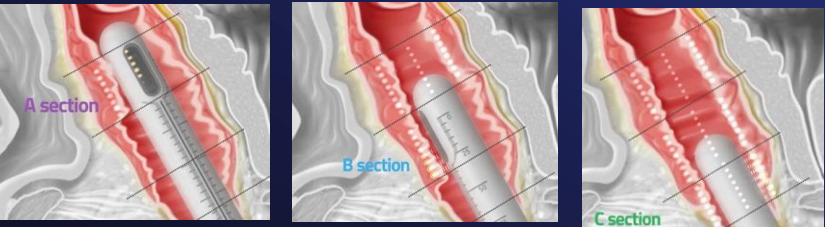


Clinical outcomes suggest HIFU as a beneficial tool for GSM, dyspareunia and urinary incontinence in order to improve patient's quality of life at any age.



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Introduction:

Urogynecological problems can significantly decrease womens' quality of life and symptoms such as dyspareunia, urinary incontinence, pelvic organ prolapse or those related to GSM.

High Intensity Focused Ultrasound is a conservative technology capable to improve these symptoms by creating a thermo-mechanical reaction without damaging the tissue composing the vaginal wall.

Objectives:

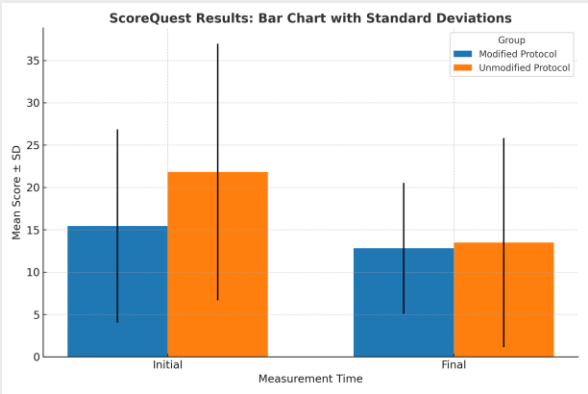
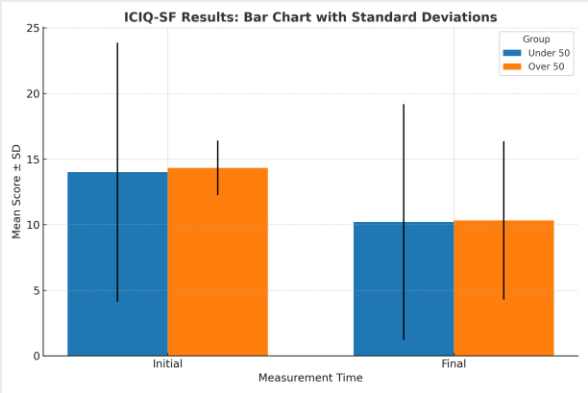
- To determine if modifying the standard protocols can decrease the final results;
- To compare the clinical outcomes between under 50 years old group of patients and those over this age.

Materials and methods:

- 33 patients suffering from dyspareunia, UI, POP, GSM or IC have been treated using HIFU;
- For the therapeutic approach we used a medical device based on ultrasound technology using a fluence of maximum
- The urologist evaluated the patients before and after 6 weeks from the procedure

PROTOCOL NUMBER	ZONE A	ZONE B	ZONE C	INTENSITY	SPACING
PROTOCOL 1 SF		S1.5 1 x 360° M3.0 1 x 360°	S1.5 2 x 360° M3.0 2 x 360°	7	1.2
PROTOCOL 2 UI	S1.5 1x360° M3.0 1 x 360°	S1.5 1 x 360° M3.0 1 x 360°	S1.5 1 x 360° M3.0 1 x 360°	7	1.2
PROTOCOL 3 POP		S1.5 1 x 360° M3.0 2 x 360°	S1.5 1 x 360° M3.0 2 x 360°	7	1.2
PROTOCOL 4 UI+POP		S1.5 1 x 360° M3.0 2 x 360°	S1.5 2 x 360° M3.0 2 x 360°	7	1.2

Results:



- In what concerns patients presenting in the clinic to treat dyspareunia symptoms the final results have showed complete remission regarding the FSDI-SF questionnaire.

Concluding message:

- Final scores after the intervention did not differ between the two groups, reinforcing the observation that neither protocol was particularly superior in terms of improving self-reported well-being.
- It might be consider a first line treatment especially for women during their early postpartum period or those impacted by GSM, being a minimal invasive therapeutic approach.