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# Quality of Life Changes Following Vaginal Urogynecological Surgery

**A prospective cohort study**

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## Background & Aim

Pelvic dysfunctions are widespread, often underdiagnosed, and significantly impair quality of life. With increasing age, their prevalence grows, and by the age of 80 nearly 1 in 10 women undergoes urogynecological surgery.

While surgery restores anatomy and function, it may also lead to de novo pelvic dysfunctions, perceived by patients as complications and often affecting their satisfaction with treatment.

**Aim of study:** to evaluate how vaginal reconstructive surgery influences patients' quality of life over 12 months.

## Methods

- **Design:** Prospective cohort study
- **Sample:** 159 women admitted for surgical treatment of pelvic dysfunctions
- **Assessment tool:** ICIQ-SF (International Consultation on Incontinence Questionnaire – Short Form)
- **Follow-up:** Patients filled out questionnaires before surgery and at 3, 6, and 12 months post-op.

## Conclusion

- Vaginal reconstructive surgery significantly improves quality of life in women with pelvic dysfunctions.
- Effect is established as early as 3 months and remains stable for at least 12 months.
- Surgical treatment should aim not only to restore anatomy but also to ensure patient-centered outcomes, aligning clinical goals with women's expectations and well-being.

## Results

- Statistically significant decrease in ICIQ-SF scores ( $p < 0.001$ ) after surgery.
- 3 months: first noticeable improvement.
- 6 and 12 months: positive effect persisted and remained stable.
- No evidence of deterioration over time, suggesting durable improvement in quality of life.

## Interpretation

Surgical correction of pelvic dysfunctions resulted in:

- Marked improvement of patients' daily functioning
- Increased confidence and reduction in symptom-related distress
- Stable effect maintained throughout the entire 12-month follow-up period

These findings highlight that the benefits of surgery extend beyond anatomical correction, positively influencing physical, emotional, and social aspects of life.