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Mohr S¹, Siegenthaler M¹, Mueller M D¹, Kuhn A¹

1. Department of Obstetrics and Gynecology, Inselspital, Bern University Hospital and University of Bern, Switzerland

BULKING THERAPY IN STRESS URINARY INCONTINENCE: AN ANALYSIS OF 500 CASES

Hypothesis / aims of study

Stress urinary incontinence (SUI) is common, impacts women's quality of life and generates high costs. Physiotherapy is the first line therapy and if it fails, suburethral slings are currently the gold standard in SUI surgery. Bulking agents injected periurethrally might be a beneficial alternative, but there is a paucity of data on bulking therapy. Aim of the current study was to analyze the efficacy and safety of bulking agents in the setting of a tertiary referral center prospectively.

Study design, materials and methods

In the last 13 years 514 elderly women with SUI were treated by injection therapy with either collagen (Contigen®), hyaluronic acid (Zuidex®), ethylene vinyl alcohol (Tegress®) or polyacrylamide hydrogel (Bulkamid®). Subjective and objective outcome was recorded using the King's Health Questionnaire, Visual Analogue Scale, standardized Pad test and urethral pressure profile.

Results

Demographic data were equally distributed in all four groups of agents used. 61 patients were lost to follow-up (10.6%). Statistically significant changes were found for MUCP, Pad-weight and VAS before and after bulking for the four agents used. Subjective assessment showed improvements in general health and role limitations. The overall complication rate was low for all agents.

Interpretation of results

The current study shows an improvement of incontinence after bulking therapy applying subjective and objective outcomes in an elderly population. In contrast to earlier reports, side effects due to injections were few and mild.

Concluding message

We can advocate bulking therapy for the treatment of SUI as it is simple, safe and shows both objective and subjective improvement and relief.

Disclosures

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