

## PESSARY USE IN UROGENITAL PROLAPSE AS AN EFFECTIVE CONSERVATIVE TREATMENT IN ELDERLY PATIENTS

### Aims of study

To study the willingness to use a conservative treatment as pessary in elderly women with urogenital prolapse.

### Study design, materials and methods

Retrospective study. Women in those that were indicated a pessary as a conservative treatment of its urogenital prolapse. Information was obtained about the indication, and about the pessary and from a follow-up. The pessary maintenance has been studied.

### Results

Between 2006 and 2012 in specialised out clinics health care 223 pessaries were placed. The average of women age was 75 years. On 12.5% they had the indication for vaginal prolapse, 28.0% for cystocel, 6.5% for 2<sup>nd</sup> grade uterine prolapse, and 53.0% for 3<sup>rd</sup> and 4<sup>th</sup> grade uterine prolapse. In the first month, there were 27.0% of expulsions or no tolerance; only 13% of the women with a good support in the first month maintained its option to avoid surgery. 109 (of 184, 59%) women who had suited the visit of follow-up of the first year they maintain its pessary, 54 (of 117, 46%) of those that suited the visit of follow-up of the third year also maintain it and, 35 (of 92, 38%) of those that suited the visit of follow-up at 5<sup>th</sup> year of follow-up also maintain it. Half of the women with a good tolerance at first month, they maintain the use of pessary at 3<sup>rd</sup> and at 5<sup>th</sup> years of follow-up.

### Interpretation of results

The age is an important factor to consider when a pessary would be indicated: under 70 years old it isn't a definitive treatment but over 70 it is. In our experience, the main results are achieved between women with an uterine prolapsed.

### Concluding message

The pessary is an alternative of conservative treatment with very good outcomes.

### References

1. Lone F, Thakar R, Karamalis G. A 5 years prospective study of vaginal pessary use for pelvic organ prolapse. Int J gynecol Obstet. 2011;114:56-59.
2. Abdool Z, Thakar R, Sultan A, Oliver R. Prospective evaluation of outcome of vaginal pessaries versus surgery in women with symptomatic pelvic organ prolapse. Int urogynecol J. 2011;22:273-278.

### Disclosures

**Funding:** Granted by an Osona county local scientific agency **Clinical Trial:** No **Subjects:** HUMAN **Ethics not Req'd:** Is a retrospective study based on clinical data acquired during health care process to make clinical decisions and not processed individually **Helsinki:** Yes **Informed Consent:** No