

EXTRACORPOREAL MAGNETIC STIMULATION THERAPY FOR PATIENTS WITH STRESS URINARY INCONTINENCE: EVALUATION OF EFFICACY ON SHORT TERM FOLLOW UP

Hypothesis / aims of study

Urinary incontinence is a significant health problem worldwide. It is more common in women in their latter years and males following prostate surgery. Extra corporeal pulsed magnetic stimulation has been developed for pelvic muscle therapy in patients with urinary incontinence. We studied and compared the efficacy of pulsed magnetic stimulation therapy, on short term follow up, in male patients with post prostatectomy incontinence and female patients with stress urinary incontinence.

Study design, materials and methods

13 consecutive female patients with urodynamically confirmed stress urinary incontinence and 10 male patients with post prostatectomy incontinence underwent extracorporeal magnetic stimulation therapy and were evaluated at 8 weeks and 3 months of treatment. Improvements in the Visual analogue scale (VAS) severity score, quality of life scores using the King's health questionnaire (KHQ) and leak episodes in 24 hours were recorded. These two groups were also compared for the improvements recorded in these parameters

Results

Statistically significant improvements in the VAS and KHQ scores at 8 weeks and 3 months were noted only for the stress incontinence group. All of these patients had improvements in the leak episodes at 8 weeks and 2 patients were completely dry. At 3 months, 7 patients still had reduced number of leaks in 24 hours. In the post prostatectomy group, only 5 had an improvement in the leak episodes at 8 weeks which persisted in 2 patients at the end of 3 months.

Interpretation of results

Extracorporeal magnetic stimulation was seen to have short term beneficial effects in female patients with stress urinary incontinence and was significantly more than that seen in post prostatectomy patients. However, this effect is short lived with a high recurrence rate at 3 months follow up.

Concluding message

Extracorporeal magnetic stimulation has only short lived beneficial effect on stress urinary incontinence.

Disclosures

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