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Title (type in CAPITAL LETTERS, leave one blank line before the text) EFFECTS AND COMPLIANCE OF PELVIC FLOOR MUSCLE EXERCISE USING BIOFEEDBACK IN WOMEN WITH STRESS URINARY INCONTINENCE	
<p>Aims of Study: Pelvic floor muscle exercise (PFME) is recommended as an initial treatment for women with stress urinary incontinence (SUI). However, this treatment is often unsuccessful because of noncompliance. The purpose of this study was to assess the effects and compliance of PFME using biofeedback in women with SUI and to determine the timing for reinforcement PFME.</p> <p>Methods: The data were collected at Female Urinary Incontinence Clinic between March 2 and May 30, 1999. Forty-eight women urodynamically diagnosed as SUI participated in a 12 sessions of PFME program for 6 weeks. The quantity of involuntary urine loss was measured by 1 hour pad test, the relative strength of PFM by mean vaginal pressure, the objective strength of PFM by maximum urethral closure pressure. According to the result of exercise patterns, the patients were categorized into three groups: continuous exercise (CE) group, drop out exercise (DE) group, no exercise (NE) group. The period of continuing PFME was assessed by telephone interview for assessing compliance and the scores of symptoms questionnaire was checked by subjects. This study was cross-sectional design and all subjects were included between one and 12 months after PFME treatment. The data analysis was done by chi-square, Kruskal-Wallis test, Wilcoxon signed ranks test using SPSS PC.</p> <p>Results: There was a statistically significant increase in mean vaginal pressure ($p=0.008$), decrease in the quantity of urine loss in pad test ($p=0.012$) and the scores of symptoms questionnaire ($p=0.018$) in CE group. The compliance gradually declined over the months and the highest drop out rate (25%) was noted between the second and third month among the three groups. The median period of continued exercise was 2.6 months in DE group. Therefore, second month after PFME treatment may be the optimum time for reinforcing continued PFME.</p> <p>Conclusions: These findings suggest long term effects of PFME treatment in SUI depend on continuing PFME and second month after PFME treatment may be the critical time to reinforcement for continuing PFME.</p>	