

HIFEM PROCEDURE AND PELVIC FLOOR EXERCISES COMPARISON IN URINARY INCONTINENCE TREATMENT

RANDOMIZED TRIAL ON HIFEM PELVIC FLOOR STIMULATION DEVICE COMPARED WITH PELVIC FLOOR EXERCISES FOR TREATMENT OF URINARY INCONTINENCE: 12-MONTH ANALYSIS

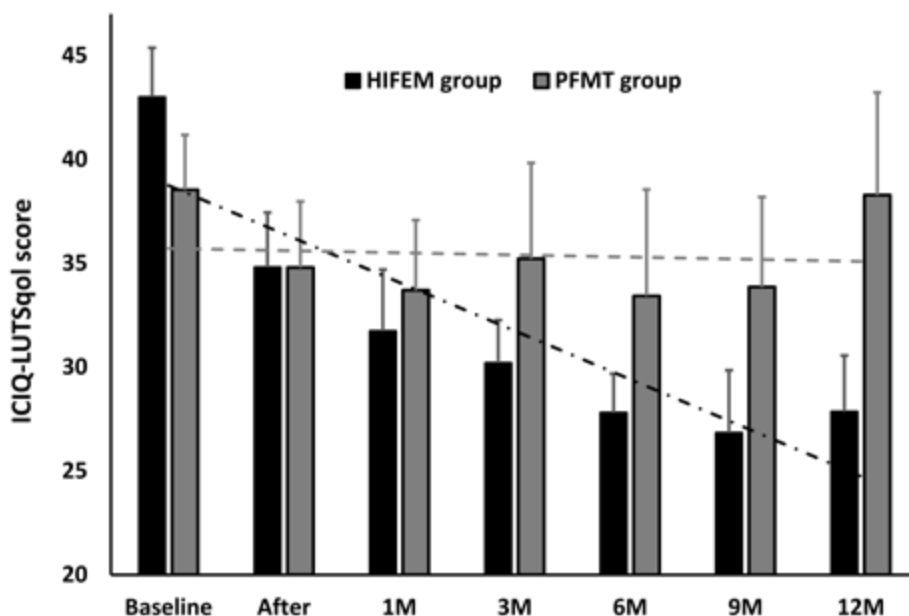
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HIGHLIGHTS

- Forty-seven women (27-66 years) received 6 treatments of either HIFEM or pelvic floor muscle training (PFMT).
- Significant (**-15.2 points**, $p < 0.001$) improvement of ICIQ-LUTSqol score in incontinent subjects was found in the **HIFEM group**, but not in the **PFMT group** (-5.1 points, $p > 0.05$).
- Urine urgency symptoms were reduced considerably in the **HIFEM group (34%)** when compared to PFMT (5%).
- Pad-using patients reported an improvement of **-1.7 pad per day** in the HIFEM group.
- At 1 year, **86% of patients** in the HIFEM group reported less urine leakage and frequency.



ICIQ-LUTSqol score improvement in the HIFEM (black) and PFMT group (grey) during the whole follow-up including linear trendlines.