

COMPARISON OF HIFEM® AND ELECTROSTIMULATION FOR PELVIC FLOOR MUSCLE WEAKNESS AND UI

A COMPARATIVE STUDY ON THE EFFECTS OF HIFEM TECHNOLOGY AND ELECTROSTIMULATION FOR THE TREATMENT OF PELVIC FLOOR MUSCLES AND URINARY INCONTINENCE IN PAROUS WOMEN: ANALYSIS OF POST TREATMENT DATA

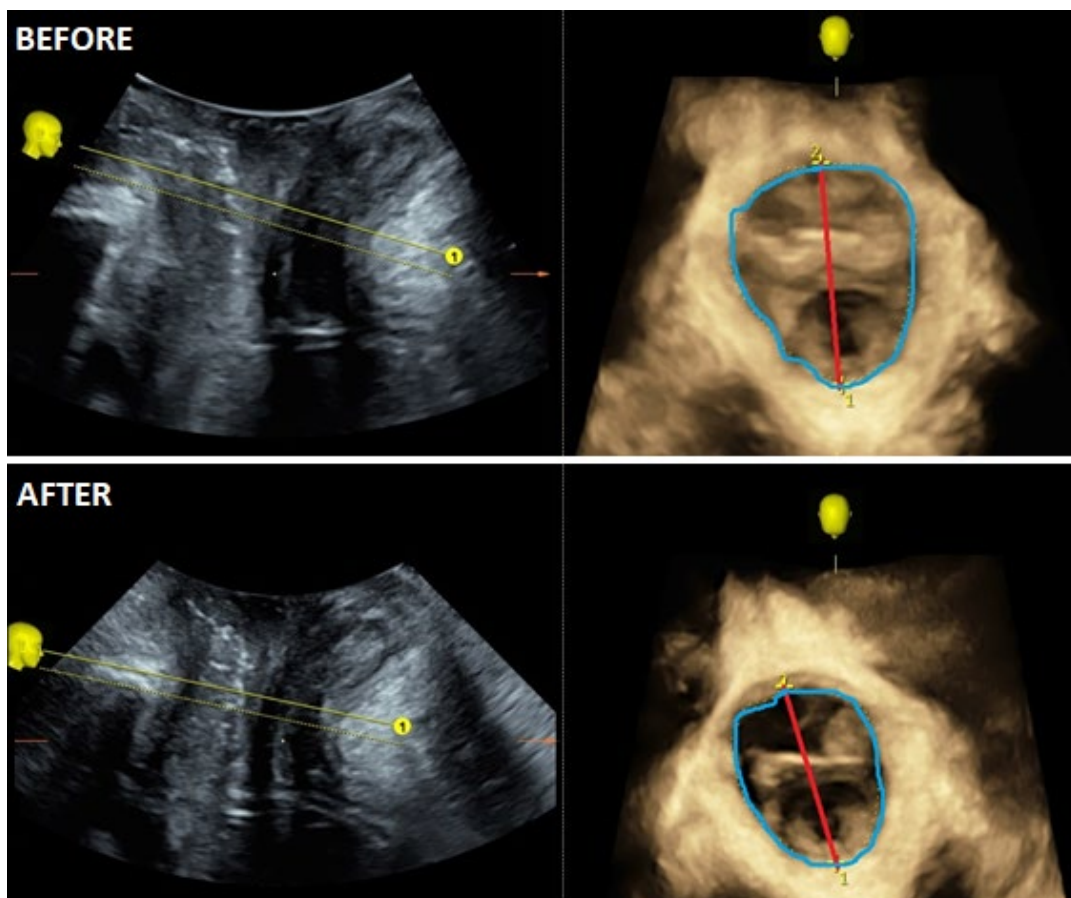
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HIGHLIGHTS

- HIFEM group achieved a **3x higher** level of improvement in the PFDI-20 questionnaire.
- After HIFEM, subjects reported **2x better** results in a subjective evaluation.
- **Decreasing** number of urine leakage was seen in the HIFEM group.
- 3D ultrasound examination revealed **no significant** changes in electrostimulation group.



3D Ultrasound measurements of the pelvic floor at the baseline and post-treatments in patient from the HIFEM group. Anteroposterior diameter of levator hiatus (red line) and hiatal area (blue line) have been considerably improved after HIFEM.

DESIGN AND METHODOLOGY

- **Two intervention groups** with weakened pelvic floor and urinary incontinence: HIFEM (N=50, 31.1 years) and electrostimulation (N=25, 32.0 years); **One control group** of healthy subjects (N=20, 27.2 years).
- Treated subjects completed 10 therapies scheduled 2-3 times per week (HIFEM) or every other day (electrostimulation).
- **3D ultrasound** was used to quantify the biometric indices of **pelvic floor integrity**.
- Pelvic Floor Disability Index 20 (**PFDI-20**) standardized questionnaire and subjective evaluation of the subject's intimate health were assessed.

CONCLUSIONS

- All the assessment methods showed that **HIFEM** procedure is **more effective** than electrostimulation for treatment of weakened pelvic floor muscles.