

## Transurethral Radiofrequency Energy Treatment for Stress Urinary Incontinence (SUI)

■ *38 year old pre-menopausal woman with SUI*

### ■ Patient Profile

A 38 year old woman presented to her gynecologist complaining of a five year history of urinary incontinence. She leaked most frequently with laughing, coughing, sneezing, lifting, and sexual activity. The patient denied any history of urgency, frequency, or urinary tract infection. Her previous incontinence treatment had been pelvic floor exercises and had resulted in no improvement in her leakage.

### ■ Medical History, Physical Examination, and Urodynamics

The patient had an unremarkable medical history. She had delivered two children by uncomplicated Cesarean section. Her Incontinence Quality of Life (I-QOL)<sup>1</sup> score was 36 points on the 100-point quality of life scale. Baseline 3-day daily urinary diary demonstrated that she experienced an average of five incontinence episodes daily.

The patient weighed 156 pounds with a BMI = 30.5. The diagnosis of stress incontinence was made. A pelvic exam was normal. Cystometrogram demonstrated a normal bladder capacity and normal detrusor function.

### ■ Non-Surgical, Transurethral Radiofrequency Energy Treatment

The patient underwent non-surgical, transurethral radiofrequency energy collagen denaturation of microscopic sites within her bladder neck and proximal urethral submucosa. The patient received intravenous conscious sedation (the treatment can also be performed under local plus oral anesthesia). The treatment was uncomplicated and required approximately 30 minutes (including perineal preparation and draping). After a brief recovery period, the patient was discharged home, at which time she categorized her post-treatment level of pain as “0” on a visual analog scale (the scale ranges from “0 – no pain” to “10 – terrible pain”). She was instructed to avoid strenuous activities and sexual intercourse for one week, and she was allowed to return to her regular home or employment activities.

### ■ Patient Recovery and Follow-Up

The patient was followed periodically for 12 months, during which time she experienced no adverse events. At one month following treatment, her daily episode frequency was reduced by greater than 90% (to 2 episodes per week), and by month three, she was completely continent. At 12 months following treatment she remained completely continent, and her I-QOL score had increased to 88 points on the 100-point quality of life scale.

	Pre-Treatment	12 Months Post-Treatment
Incontinence Episodes	5/day	0/day
I-QOL Score	36	88

### References

- 1 Wagner TH, Patrick DL, Bavendam TG, et al. Quality of life in persons with urinary incontinence: development of a new measure. *Urol* 47:67-72, 1996.