

HIFEM VS PELVIC FLOOR MUSCLE TRAINING: 12-MONTH DATA

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

- Thirty-eight women (27-66 years) received 6 treatments of either HIFEM or pelvic floor muscle training (PFMT).

Results at 3 months:

- HIFEM group showed significant improvement in quality of life (ICIQ-LUTSqol) by **24%** while PFMT group showed regression by **-3%**.
- Urine urgency symptoms (ICIQ-BD) were significantly reduced in the **HIFEM group (34%)** when compared to PFMT group (**5%**).
- Pad-using patients reported an improvement of **57%** (1-2 pads reduction per day) in the HIFEM group.
- At 12 months, **86% of patients** in the HIFEM group reported less leakage and lower frequency.

