

*Pelvic floor myoelectrostimulation in the treatment
of female urinary incontinence*

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Objective. To evaluate the efficiency of pelvic floor myoelectrostimulation using a BioBravo apparatus in patients with decreased pelvic floor muscle tone concurrent with and without moderate and mild stress urinary incontinence (UI). **Subjects and methods.** Pelvic floor myoelectrostimulation was performed in 28 women aged 28 to 52 years. Group 1 comprised 16 women with decreased pelvic floor muscle tone and symptoms of mild and moderate UI, who complained about urine loss during different types of exercise. In 12 women included into Group 2, lower pelvic floor muscle tone was not accompanied by the symptoms of UI. Objectivization of complaints, rating of symptoms, and monitoring the efficiency of performed therapy were done, by analyzing the voiding diaries filled out by each patient within 3 days before and after therapy and by carrying out an hour pad test. Quality of life in patients with UI was assessed using an Incontinence Quality of Life questionnaire, the Patient Global Impression of Severity Scale, and the Patient Global Impression of Improvement Scale. **Results.** An increase in the indices by more than 50% of the baseline level was noted in 14 (100%) women in Groups 1 and 2, respectively. The vast (87.5%) and 12 majority of the patients showed improvement 4—5 weeks posttherapy. **Conclusion.** The ease to use this treatment modality, the absence of its complications, and its low cost make it possible to regard it as the most promising method for a certain group of patients with UI and to recommend the use of portable electrostimulators in the outpatient setting and their self-use.