

# QUANTIFICATION OF HIFEM EFFECTS ON URINARY INCONTINENCE

## HIFEM® TECHNOLOGY – THE NON-INVASIVE TREATMENT OF URINARY INCONTINENCE

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### HIGHLIGHTS

- **Quality of life improved in all patients** using HIFEM technology, based on King's Health Questionnaire.
- **Nearly 75% of patients** significantly decreased **urinary leakage or achieved total dryness** and maintained these results through 6-month follow-up.
- Patients reached **60% of average improvement** in both parts of the King's Health Questionnaire.
- **Majority of patients decreased pad usage to a minimum or totally eliminated them.**

Parameter	KHQ Part 1	KHQ part 2
Score pre-treatment (Mean±SD)	92.22±36.09	194.63±107.34
Score post-treatment (Mean±SD)	66.94±34.91	154.44±104.23
Score 3-month follow-up (Mean±SD)	60.56±27.68	154.63±87.42
Score 6-month follow-up (Mean±SD)	37.04±34.44	90.59±90.79
Level of improvement pre- and post-treatment (%)	50%	53%
Level of improvement pre-treatment and 3-month follow-up (%)	51%	61%
Level of improvement pre-treatment and 6-month follow-up (%)	60%	60%

Results of the King's Health Questionnaire (KHQ) score; SD = standard deviation.

## DESIGN AND METHODOLOGY

- Retrospective, two-site study investigating the effectiveness of HIFEM treatment for urinary incontinence.
- 20 women aged from 45 to 77 years with either stress, urge, or mixed urinary incontinence.
- Study aimed to quantify data as well as the impact on quality of life of incontinent women.
- All patients completed six treatments, delivered twice a week for three consecutive weeks.
- Data was collected using the King's Health Questionnaire (KHQ) pre-and post-treatment, also at 3 and 6-month follow-up.
- Additionally, patients recorded any urinary leakage episodes and pad usage.

## RESULTS

- Improvement was observed in both **short- and long-term** results based on King's Health Questionnaire.
- Patients reported **decreased frequency of hygienic pad usage, and decreased frequency of urine leakage episodes.**
- The post-treatment initial improvement in KHQ averaged as 50% was maintained and further improved up to 60% at the 6-month follow-up.
- **11 patients were pad free at 3-month follow-up.**
- Results suggest that treatment with HIFEM technology **significantly decreases the negative impact of urinary incontinence on patient's daily life.**

