EFFICACY OF HIFEM PROCEDURE FOR IMPROVEMENT OF URINARY INCONTINENCE AND FEMALE SEXUAL FUNCTION: EVALUATION OF 3 MONTHS PRELIMINARY DATA

Kimberly Evans, MD, FACOG¹; Julene B. Samuels, MD, FACS²

¹. Sugar Land Medical Spa, Sugar Land, TX, USA
². Julene B. Samuels MD, Prospect, KY, USA

Abstract accepted for oral presentation at ASLMS 2020

---

**HIGHLIGHTS**

- Subjects’ continence and sexual function have been significantly improved.
- Interim results showed that the HIFEM procedure is an effective non-invasive solution for enhancement of female sexual function, accompanied with urinary incontinence.
- Besides reduction of incontinence, patients benefit most from reduced pain during intercourse, increased lubrication, and arousal, and they were also more satisfied with orgasm intensity.

---

**DESIGN AND METHODOLOGY**

- **Twenty-two subjects** (48.1±10.6 years), demonstrating incontinence-related problems in sexual life, were assessed in this prospective one-arm study.
- All subjects received six HIFEM treatments, with a frequency of two sessions per week for three weeks, focused on pelvic floor.
- UI and sexual function attributes were evaluated using ICIQ-SF, FSFI and PISQ-12 standardized questionnaires.
- Follow-up visits were scheduled at the baseline, after the last treatment, 1 month and 3 months post-treatment.
- Questionnaires’ post-treatment scores were statistically analyzed using two-tailed t-test (α=5%).
- Therapy comfort was assessed after the last treatment session.
RESULTS

- Subjects reported significant improvement (P<0.05) in all questionnaires compared to baseline, with the greatest change at 3-month follow-up:
  - ICIQ-SF overall score decreased on average by 66.7% (-8.0 points).
  - FSFI overall score showed significant increase by 42.7% (+9.2 points).
  - PISQ-12 score increased significantly by 29.4% (+9.4 points).

- Considerable improvement in the control of leakage during coughing, sneezing and while performing physical activity, was observed in treated subjects.

- FSFI questionnaire revealed a substantial improvement in lubrication, arousal, and greater satisfaction with orgasm intensity.

- PISQ-12 questionnaire showed high level of improvement in emotive and physical domains, referring to overall comfort and satisfaction during the intercourse.

- More data with longer follow-up is needed to corroborate the interim results.

![Figure 1: The mean of ICIQ-SF score before the treatment and at 1, and 3-month follow-up. The score significantly (P<0.05) decreased after the HIFEM treatment.](image1)

![Figure 2: FSFI scoring for each domain. Comparison of FSFI Score and its domains at baseline and 3-month follow-up visit.](image2)