

36. VAGINAL CONES WITH VIBRATING BALL INSIDE IN PELVIC FLOOR DYSFUNCTION



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Introduction. These are the first results of an ongoing multicentrum observative trial to determine the effectiveness of vaginal cones (VC) in pelvic floor (PF) training. Because of a high economic burden of urine incontinence in Europe, we chose VC as a good cost-effective method for the training of PF muscles in women, to manage urinary incontinence and/or sexual dysfunctions. This methodology allows freedom and empowerment to women, thanks to the autonomous use of the device without any additional costs for the National Health System.

Aim of study. Validating the effective use of VC in PF training.

Methods and materials. We carried out a test based on a newly developed type of VC with a vibrating ball inside with 37 women (25-78 years old), who signed a consent form and trained PF muscles with a set of 3 VC after explanation of exercises. They were classified according to individual scores by a Pubo-coccygeus muscle test (strength, endurance, fatigability) and Quality of Life questionnaire, at the beginning and after 3 months.

Results. Out of 37 women involved, 10 dropped out due to lack of commitment. Out of the 27 women left, 7 with urgency, 11 with effort, 3 with mixed problems, 24 reported a clear improvement of the pathologies, 88% successful. All 16 women with sexual dysfunctions reported a gain of sexual pleasure.

Conclusion. You may notice a complete training leads to an improvement of pathologies related to the weakness of the PF. The verifiable limit to the treatment is the arbitrary level of commitment. Further studies are necessary. Autor's conclusion: It is evident that PFMT is the first line treatment for urinary incontinence, but it is also a prevention method recommended to all women after pregnancy and/or menopause. This rise of awareness is addressed mainly to gynecologists, midwives and family doctors, since it is them who are mainly in contact with the patient, to prescribe the pelvic floor muscle training with the help of purposely designed devices, like VC, at the patient's expenses, to use at home and autonomously