

## Female Stress Urinary Incontinence; Clinical Results in 18 Women Treated By Trans-Obturator-Tape

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### ABSTRACT

The aim of the study was to assess the efficacy and safety of a new minimally invasive surgical procedure using the Trans-Obturator-Tape (TOT) to treat female stress incontinence in Libya.

Eighteen women with stress incontinence underwent the TOT procedure, one day surgery (March 2006 to March 2009). Two patients were previously operated on for incontinence. Sixteen patients were first time operated on. Mean age was 57.5 years (38-77). Eight patients were having mixed incontinence. The surgical placement technique utilizes a trans-obturator percutaneous approach and sexual intercourse avoided post operatively for 4 weeks. All patients underwent post-operative clinical examination, cough-stress test (full bladder) and post-voiding residual assessment.

Mean follow up was ten months. At first month follow-up 90% of the patients were completely cured, 9% were improved within three months, one patient improved completely after six months (she had sexual intercourse on the fifth day post operative). No post-operative complication was seen.

Conclusion: Trans-Obturator-Tape is an effective and safe technique for the treatment of female stress urinary incontinence as compared with the other procedures.

**Keywords** - Stress urinary incontinence; Trans-Obturator-tape; Minimal invasive surgery; Quality of life.

### INTRODUCTION

Stress urinary incontinence (SUI) can be described as an involuntary urine leakage upon exertion, sneezing or coughing and is a common problem associated with decreased quality of life (QOL).<sup>1-4</sup> In contrast, urge urinary incontinence (UU) is defined as involuntary loss of urine associated with urgency.<sup>3-5</sup>

More recently, a new minimally invasive surgery was described in which tape is placed through the Obturator foramen and under the mid urethra with less morbidity and cost<sup>6-12</sup>, the treatment of SUI by a trans Obturator tape (TOT) may improve body image by reducing urinary leakage and sexual satisfaction could be expected.<sup>13-14</sup>

### MATERIALS AND METHODS

Eighteen women with stress urinary incontinence aged 38 to 77 years (mean age 57.5 years) underwent TOT operation from March 2006 to March 2009 as one day surgery. Two cases were previously operated on for SUI and 16 patients were first time. Preoperative evaluation of patients was done by the cough test and urodynamic study was performed according to the standards recommended by international continence society.

Surgical placement technique utilizes trans Obturator percutaneous approach under general anesthesia, all patients underwent post operative clinical examination, cough-stress test (full bladder) and post-voiding residual

urine. Patient should avoid sexual intercourse for one month. Eight months to one year the patient on regular follow up and assessment of urinary incontinence was done (history, cough stress test and post voiding residual urine by ultrasound).

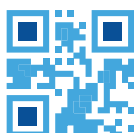
### RESULTS

Mean follow up was ten months. At first month follow up 90% of the patients were completely cured and 0.9% were improved within three months, one patient improved completely after six months (she had sexual intercourse on the fifth day post operatively). No postoperative complication was seen.

### DISCUSSION

The risk factors of stress urinary incontinence including age, child birth, obesity and in general is affected by menopause.<sup>8,15-18</sup> Our study showed the efficacy and safety of TOT we found a success rate of 90% at the first month and the rest during 3 and 6 months which goes with other studies that were reported 80-90% objective efficacy against SUI after 12 months.<sup>8,16,19-23</sup> The potential to reduce the risk of bladder and bowel perforation in trans vaginal tape (TVT) and both procedures show similar post operative outcome while TOT had lower peri operative complication.<sup>10,16,19-22</sup>

In this study, women were satisfied with the procedure as it was a day case surgery, had good results and improved QOL and that is consistent with other studies.<sup>1-5,10-12,22-24</sup>



Perineal pain was reported, was transient and resolving within the first month.<sup>25,26</sup>

There are some limitations of this study; firstly our study group was small, mean follow up was 10 months and no knowledge about desire, pleasure, sexual intercourse and orgasm.

In other studies, a systemic review and meta analysis about the impact of incontinence surgery on sexual function were carried out. Eighteen studies which were carried out on 1578 women showed, that there was no change in the overall sexual symptoms after surgery (55.5%).<sup>13,14,24-26</sup> This study has shown an improvement in sexual satisfaction.

## CONCLUSION

The Trans Obturator Tape (TOT) is an effective and safe technique for treatment female stress urinary incontinence because of a shorter surgical time, lower complication rate and improvement of quality of life.

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