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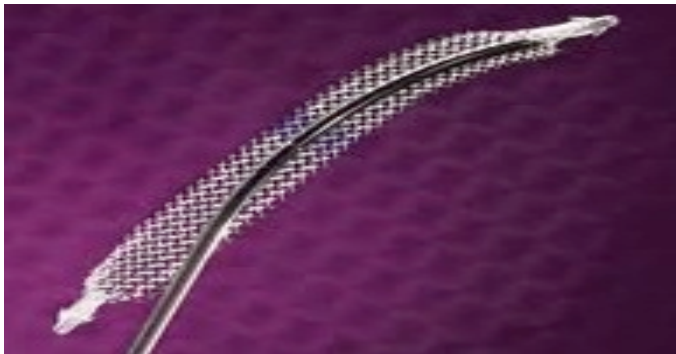
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Sling Trial

The gold standard stress incontinence sling over the last few years has been the transobturator suburethral sling. This form of sling has replaced the retropubic sling as it has been demonstrated to confer a number of advantages including:

- less injury to pelvic visci
- less voiding difficulty
- less urgency symptoms
- similar efficacy of around 85-90%

Two issues with the transobturator sling have been the need for three incisions (one vaginal and two labial of 5mm), and the small incidence of groin pain from nerve entrapment in the obturator foramen.



The miniarc suburethral sling was introduced in 2008, and is inserted using only one vaginal incision of 5mm. The sling self anchors to the obturator fascia and does not pass near the obturator nerves. A study of 188 women (Kennelly 2012) reported a 2 year negative cough test rate of 84.5%.

Results

The current prospective study (Foote 2013) randomised 50 stress incontinent women to either Miniarc or Monarc suburethral slings. Excluded were those women who had other bladder diagnoses or who needed other gynaecological surgery.

Assessment was made at 6 weeks and 6 months. There were no significant differences between the two groups before surgery (table 1).

Table 1: Demographics

	Monarc (n=25)	Miniarc (n=25)
Age	46.2	49.6
Weight	70.8	70.8
Parity	2.3	2.1
Leaks/wk	7.5	7.8

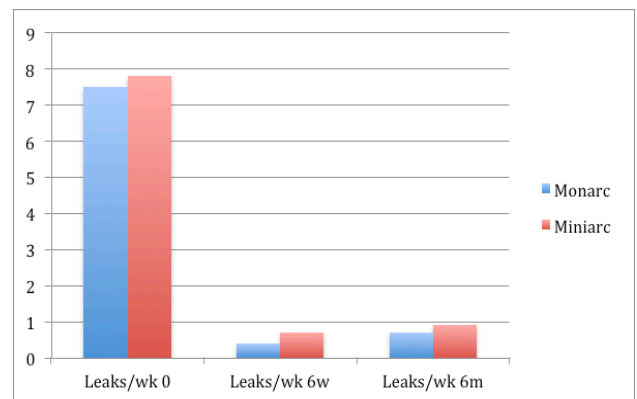
The miniarc procedure was significantly quicker, however there were no significant differences with pain scores, discharge time, or return to normal duties. At six weeks and six months follow up there were significant improvements in stress incontinence, however with no differences between the two forms of sling (table 2 and graph 1). The cure rates at six months were not significantly different.

Table 2: Results

	Monarc (n=25)	M.arc (n=25)
Surg. time (min)	22.4	18.8 *
Blood loss (mls)	70.0	73.0
Pain Score /10	1.6	1.5
Home (hrs)	4.5	3.2
Recovery (wks)	2.4	2.4
6 wk Leaks/wk	0.4**	0.7 **
6 mth Leaks/wk	0.7**	0.9 **
6 mth cure	92%	84%

* P<0.05, ** P<0.05 compared to baseline

Graph 1: Results



Summary

The miniarc has been demonstrated to have a similar efficacy to the monarc, however uses less incisions and has a shorter operating time.