

October 2019 Update #26

International Meeting

The 49th Annual Scientific Meeting of the International Continence Society was recently held in Gothenburg, Sweden. This meeting featured the latest international scientific and clinical research in the field of urinary incontinence, and included Gynaecologists, Urologists, Physiotherapists and basic science researchers. New developments included:

- vibegron: a new selective B3 adrenergic drug for urge incontinence being trialled in Japan and USA, with less side effects
- intravesical coils that directly release anticholinergic drugs for three months
- implantable posterior tibial nerve stimulation for urge incontinence
- biologic grafts where stem cells from adipose tissue are cultured on a scaffolding of polylactic acid, for use in prolapse
- autologous patient rich plasma intravesical injections for overactive bladder
- autologous rectus sheath fascia for suburethral slings
- a vaginal ring pessary for prolapse, with an applicator that the patient can insert and remove



Laser for Incontinence

Vaginal laser has recently been studied in 132 patients with mild stress urinary incontinence (Mikiv, 2019). At 12 months there was an ongoing 75% improvement in quality of life. This may be an option for women who have mild incontinence who do not wish to have sling surgery.

What is the Urobiome?

A paradigm shift has occurred with the advent of expanded quantitative urine culture and 16s rRNA sequencing with the discovery that a healthy bladder has up to 60 types of bacteria including: lactobacillus, streptococcus, gardnerella, actinobacteria, veillonella, corynebacterium and fusobacterium.

This research is in its infancy and future challenges include identifying which of these are helpful versus harmful bacteria, and thence treatment options.

Mesh for Incontinence

Regulators in Australia, the USA and Europe have cleared the ongoing use of incontinence mesh slings. A recent study of 13,404 suburethral sling procedures (Alexander, 2019) has compared high volume versus low volume surgeons, with a cut off at 40 procedures per year. High volume surgeons had a 25% less failure rate.

Exercise in Pregnancy?

A randomised study of 105 women in pregnancy (Bo 2019) has found that moderate aerobic and strength training of 60 minutes twice per week was not associated with a reduction in birth weight, preterm birth, or instrumental delivery.

Pelviva?

Pelviva is a novel disposable "tampon like" electrostimulation device that is worn internally for thirty minutes every alternate day for 12 weeks. A study of 123 women found an improvement of 84% (Oldham, 2019).