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## **Impact of Action II Petite Lady laser machine in the treatment of urinary incontinence and sexual dysfunction female**

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Urinary incontinence and sexual dysfunction is very common among female. It causes social or hygienic problem. Urinary incontinence is the uncontrolled leakage of urine. This condition affects about a third of the female population and is more common in women than in men. The Petite Lady treatment is a non-invasive way that is aimed at awakening a woman's sensuality by tightening up their vaginal canal. Moreover, the method reduces urinary incontinence problem. A lot of people view it as an alternative to the traditional surgical methods that are seen to have side effects. Since there are variations in the impact of the treatment methods, the area needs a lot of research. The objective of the study was to evaluate the impact of the Action II Lady Laser Machine in the treatment of sexual dysfunction and urinary incontinence in females. 30 women were assisted, aged 25-55 years old with sexual dysfunction in stress incontinence confirmed by patient history and urodynamic study. The impact of Action II Petite Lady Laser Machine in the treatment of urinary incontinence and female sexual dysfunction confirmed by using the Female Sexual Function Index (FSFI) Arabic validate version by Anis, et al. 2011 was evaluated, measuring vaginal muscle power by using PFX2 and bladder diary. These questions were answered by the patient before we commenced the treatment and after 10 weeks of completing the treatment. The muscle power was measured before and after the treatment, it was conducted at the physical therapy department. Furthermore, the survey included a participant information sheet outlining the nature of the study. The study took a place at King Faisal Specialist Hospital and Research Center. In the voiding diary the women reported that the urinary frequency, episodes of urgency and urine leakage during sneezing, coughing and laughing dramatically improved by 85%. The domain scores of the FSFI, including desire, arousal, lubrication, orgasm, satisfaction and pain, were calculated and showed huge improvement in mean score increased by more than three points at all subjects after completed the treatment by 90%. The muscle power of the pelvic floor improved in all cases the mean of muscle power before the treatment was 2/5 after the treatment became 3±4/5. The treatment protocol was four sessions at two weekly intervals for the first three sessions, then one-month interval between the third and fourth session with 2940 nm. All the subjects successfully completed the study with no adverse events. Significant improvement in vaginal wall relaxation was seen in all subjects at two months and half post treatment based on the PFX2 values on the partners input for vaginal tightening 83%, for sexual satisfaction as assessed by the subjects themselves (90%) and bladder diary showed decrease in leakage during coughing, sneezing and laughing by 85%.

### **Biography**

Najwa Alfarra is currently working as an Assistant Head at King Faisal Specialist Hospital and Research Centre since 2015. She has experience in working as a Women's Health Specialist, Al-Riyadh Governorate, Saudi Arabia. She has her expertise in evaluation and passion in improving women's health sexual dysfunction as a Physical Therapist specialized in that field. She treats different types of urinary incontinence, chronic pelvic pain, design pre-post-natal exercise program and sexual dysfunction conditions by using different modalities of treatment

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