

# New Treatment Approach for Female Sexual Dysfunction by Transvaginal Shockwave Therapy (TVST)

DR. IOANNIS ZOUMPOS, MD, PHD, FEBU

UROLOGIST

THESSALONIKI - GREECE





# Disclosure Information

*Clinical researcher, Hikkonu Medical Systems (Direx Medical Group)*

# Introduction

- ▶ Female Sexual Dysfunction (FSD) is a prevalent condition, especially among midlife women.
- ▶ Various energy based devices (EBD), such as lasers and radiofrequencies, have been marketed for vaginal rejuvenation and FSD treatment.
- ▶ Low intensity shockwave therapy (LIST) has emerged as a novel therapeutic alternative for erectile dysfunction and may also hold promise for FSD.
- ▶ LIST in female patients with FSD can be performed by:
  - ▶ **Conventional probes:** energy is applied to the external genitalia and distal urethra.
  - ▶ **Transvaginal probes (Transvaginal Shockwave Therapy, TVST):** energy is applied to the vaginal wall/proximal urethra in combination with conventional application

# Objective - Methods

- ▶ To assess safety and clinical efficacy of TVST mainly for FSD and also incontinence.
- ▶ N=15 women with self-reported sexual dysfunction
  - ▶ 7 women (46,7%) also reported urinary incontinence.
  - ▶ 1 pt aborted (unrelated to treatment).
- ▶ Mean age was 52.7 years, 78.6 % were post-menopausal.
- ▶ Clinical assessments at baseline, 1 and 3 months post treatment using FSFI and ICIQ UI-SF.
- ▶ Statistical analysis was performed using student's t-test (paired, one-tail,  $p < 0.05$ ).



# Low-Intensity Shockwave Therapy

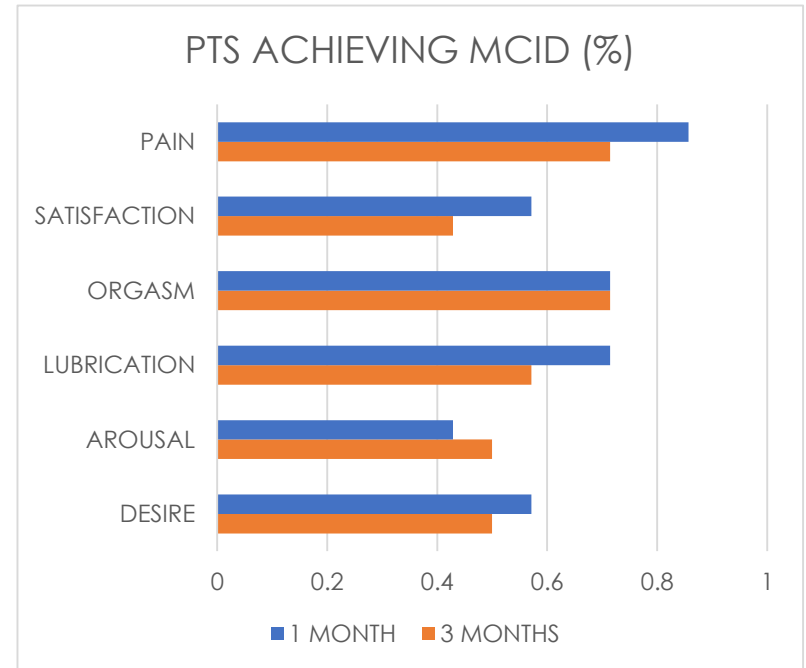
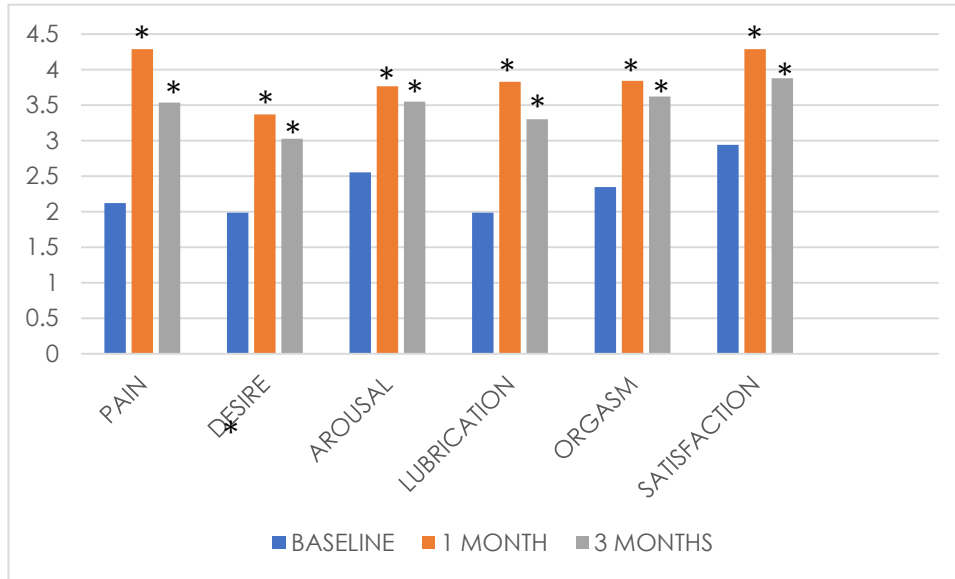
## MoreNova LastWaves™

- ▶ Treatment was performed using **MoreNova LastWaves™** system (Direx Medical Group, Wiesbaden GmbH)
  - Special probe for superficial and vaginal use.
  - Linear, low-intensity shockwaves produced by an electromagnetic generator.
  - Maximal energy setting tolerated by the patient (intensity: 1,6-1,8, stepped-up gradually).
  - 6 sites (labia minora left-right, labia majora left-right, anterior vaginal wall 11 & 1 o' clock).
  - 400 pulses per site (total: 2.400/session).
  - 2 sessions per week.
  - Total: 6 sessions.
  - No significant pain or side effects.



# Results

## FSFI Domain Score Changes



\* significance at  $p < 0.05$ , paired  $t$ -test

# Conclusions

- ▶ TSVT is safe, well-tolerated, with no complications.
- ▶ Significant improvement in all FSFI domains that was sustained up to 3 months.
  - ▶ Slight, but non-significant, decrease in FSFI scores at 3 months.
- ▶ Pain and lubrication domains improved more than the MCID in over 70% of patients at 3 months.
- ▶ Slight, non-significant improvement in incontinence.
- ▶ Longer follow-up in larger cohorts is required.
- ▶ Clinical research in urinary incontinence is already underway and may provide further clinical insights.





*Thank you for your attention*