

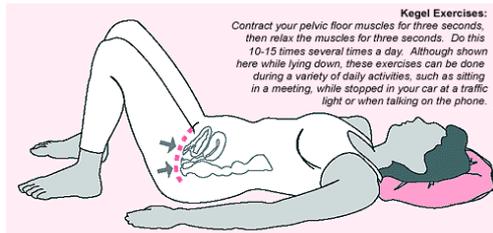
Appendix B

STRESS URINARY INCONTINENCE

Non-surgery

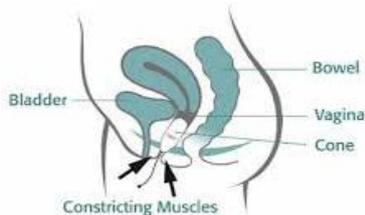
Surgery

A) Pelvic floor muscle (Kegel) exercise



- 30 to 60% improvement rate
- No known side effects
- Frequent training required (non-compliance)
- 50% unable to perform proper contraction

B) Vaginal cone/Biofeedback/ Electrical stimulation



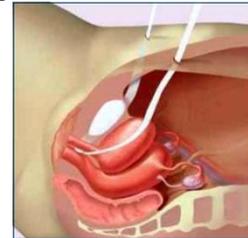
- 30 to 50% improvement rate
- Side effects (abdominal pain, vaginal bleeding)
- Frequent training required

C) MAGNETIC STIMULATION



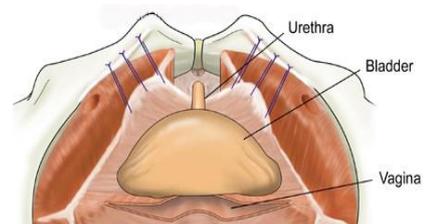
- 60 to 80% improvement rate
- Non-invasive, no known side effects
- Approved by United States Food and Drug Administration (US FDA) in 1998 and European Commission in 2011

A) Low-tension suburethral tapes (TVT, TOT)



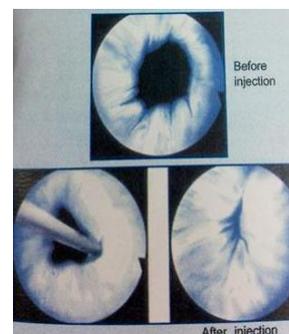
- 80 to 90% cure/improvement rate
- Possibility of wound infection/injury
- Problems with anaesthesia

B) Colposuspension



- 70% cure/improvement rate
- Possibility of wound infection/injury
- Problems with anaesthesia

C) Urethral bulking agent



- 50% cure/improvement rate
- Short term benefits
- Repeat injections likely