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Efficacy of electroacupuncture pudendal nerve stimulation in treating female stress incontinence

Objective: To compare the efficacies of Electroacupuncture Pudendal Nerve Stimulation (EPNS) versus EMG-biofeedback (BF) assisted PFMT plus TES in treating female SUI and to evaluate the post-treatment and long-term efficacies of EPNS for female SUI.

Methods: Forty-two female SUI patients were randomized into groups I and II, 21 each. The two groups were treated by EPNS and BF-assisted PFMT plus TES, respectively, for comparison of their effects. Group III (196 patients) were treated by EPNS for evaluation of its effects. To perform EPNS, long acupuncture needles were deeply inserted into four sacrococcygeal points and electrified to stimulate pudendal nerves. Outcome measures were stress test, 24-hour pad test and a questionnaire to measure the severity of symptoms and quality of life in SUI women.

Results: After four weeks of treatment, the questionnaire score was lower and the therapeutic effect was better in group I (questionnaire score 0 (0, 6) and a ≥50% symptom improvement rate of 85.7%, respectively) than in group II (questionnaire score 9 (5.5, 15.5) and a ≥50% symptom improvement rate of 28.6%) (both $p<0.01$). In group III, complete resolution occurred in 94 cases (48.0%), with a ≥50% symptom improvement rate of 85.7%, after 20.3 ± 16.8 sessions of treatment. At the mean follow-up of 52.9 months, complete resolution occurred in 32 (47.1%) of the 68 patients in group III who attained ≥50% post-treatment improvement.

Conclusions: EPNS is more effective than BF-assisted PFMT plus TES in treating female SUI. It has good post-treatment and long-term effects on female SUI.

Biography

Siyou Wang graduated from Shanghai TCM College and obtained a Master's degree in 1986. He got Sasakawa Medical Scholarship and studied at Kitasato University Medical School in Japan for one year (1996-1997). He is now a Professor and the Director of Neurobiological Research Section in Shanghai Research Institute of Acupuncture and Meridian and the Director of third-Level Brain Neurobiology Laboratory of National TCM Administration. He invented electroacupuncture neurostimulation therapy for chronic voiding dysfunction. The research results on stress incontinence were published in BJU Int. and Neurourol Urodynam, and website UroToday. The research results on urgency-frequency syndrome were published in *Int Urogynecol J*.

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