# Fotona's IncontiLase<sup>®</sup> Enters Official Clinical Treatment Guidelines for Stress Incontinence in Germany, Switzerland and Austria

The use of Fotona's breakthrough technology in gynecology has recently reached an important milestone. The newest edition of the joint guidelines issued by the associations of gynecologists and obstetricians from Germany, Austria and Switzerland concluded that **laser therapy is a recommended treatment option for women with stress urinary incontinence (SUI) and stress-predominant mixed urinary incontinence (1)**. The method is particularly suitable for younger women with a normal BMI and women between births who want a minimally invasive, quick outpatient solution without surgery or implants.

### New official clinical treatment guidelines

The recommendation was published following a comprehensive review and consultation among selected top experts in the field of urogynecology from several professional associations in the three European countries. The guidelines are updated every couple of years and present a comprehensive compilation of current knowledge and formal expert advice on diagnostics and therapeutic possibilities and also serve as an orientation guide for clinical management of patients suffering from SUI.

#### **Treatment options for SUI**

Patients with stress incontinence usually first receive pelvic floor training and are recommended to adopt lifestyle-related interventions, such as caffeine reduction, weight loss, etc. These methods can be effective but require a high level of commitment and patient compliance to achieve the desired results. If these treatments fail to improve the symptoms in three to six months, surgical therapy was traditionally recommended by the guidelines as the next step. Now, for the first time, the new guidelines recommend minimally invasive laser therapy for SUI treatment.

#### IncontiLase® - a safe & effective option

The non-ablative IncontiLase® intravaginal treatment for SUI, based on Fotona SMOOTH® Er:YAG laser technology, acts by stimulating the formation of new collagen (4–8) and tissue renewal (9). The strengthened vaginal wall offers improved support of the bladder and urethra (10), which improves the symptoms of incontinence. The positive effects of IncontiLase® have been shown in several published clinical trials (10-17). A recently closed multi-centric randomized sham-controlled clinical trial involving 10 leading European urogynecology centers has shown, with the highest quality of clinical evidence, that the IncontiLase® treatment is a safe and effective option for SUI treatment (17).

Entry into professional treatment guidelines is an important step forward in recognizing laser technology as a standard method for the management of SUI.

## Recommended treatment options for stress incontinence and mixed urinary incontinence with predominant stress component\*

- Clinical measures (treatment of concomitant diseases, adjustment of medication, treatment of constipation, use of assistive devices)
- Lifestyle-related interventions (caffeine reduction, physical activity, weight reduction)
- Individual behavioral therapy and physiotherapy

n case there is no improvement from the conservative approaches listed above:

- Laser Therapy
- Suburethral Slings
- Colposuspension
- Bulking Agents
- Eascial Slings
- Artificial Sphincter



document in



Read the unofficial English translation of the relevant chapters here.



For more research into Fotona SMOOTH® treatments in gynecology, download the Compendium of Clinical Studies.



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