

# Thermal-based laser may treat stress urinary incontinence

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(HealthDay)—Noninvasive erbium:yttrium-aluminum-garnet (Er:YAG) laser treatment appears promising for stress urinary incontinence (SUI) in women, according to a study published online Sept. 21 in *Lasers in Surgery and Medicine*.

Urška B. Ogrinc, M.D., from the University of Ljubljana in Slovenia, and colleagues evaluated the noninvasive Er:YAG laser as a potential treatment strategy for 175 [women](#) (mean age, 49.7 years) with SUI (66 percent of women) and mixed UI (MUI; 34 percent).

The researchers found that based on an average of 2.5 procedures for each woman (separated by a two-month period), the Incontinence Severity Index scores decreased significantly from pretreatment levels

for all severities (P laser treatment, while 34 percent of women with MUI showed no UI after one year of follow-up. Outcomes were not affected by age. No major adverse effects were reported.

"The results of our study have shown that new noninvasive Er:YAG laser could be regarded as a promising additional [treatment](#) strategy for SUI, with at least one year [of] lasting positive effects," the authors write. "On the other hand, it does not seem appropriate for treating MUI."

**More information:** [Abstract](#)  
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