
Pelvic Floor Digest

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Anal sphincter structure and function relationships in aging and fecal incontinence. *Lewicky-Gaupp C, Hamilton Q, Ashton-Miller J et al. Am J Obstet Gynecol. 2009 Jan 9 Epub.* Thickening of the internal anal sphincter occurs with aging. Thinning of the external sphincter and a corresponding drop in squeeze pressure correlated with fecal incontinence but not aging. Rectal hypersensitivity is associated with fecal incontinence rather than aging and may play a role in the mechanism of fecal incontinence.

A longitudinal population-based survey of urinary incontinence, overactive bladder, and other lower urinary tract symptoms in women. *Wennberg AL, Molander U, Fall M et al. Eur Urol. 2009 Jan 13 Epub.* Female urinary incontinence, overactive bladder, and other LUTS are highly prevalent conditions with a few studies describing progression as well as remission in the short term, and no long-term longitudinal studies. UI and other LUTS constitute dynamic conditions, a marked overall increase in the prevalence of UI, OAB, and nocturia in the same women from 1991 to 2007 was observed. Both incidence and remission of most symptoms were anyway considerable.

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Depressive symptoms, anxiety, and quality of life in women with pelvic endometriosis. *Sepulcri Rde P, Amaral VF. Eur J Obstet Gynecol Reprod Biol. 2009;142:53.* Of 104 women diagnosed with pelvic endometriosis 86.5% presented depressive symptoms and 87.5% with a positive correlation with current pain intensity. A rational approach to endometriosis should include an evaluation of the emotional profile and quality of life reducing the functional damage caused by the disease.

Treatment of fibromyalgia syndrome with antidepressants: a meta-analysis. *Häuser W, Bernardy K, Üçeyler N, Sommer C. JAMA. 2009;301:198.* Fibromyalgia syndrome is a chronic pain disorder associated with multiple debilitating symptoms and high disease-related costs. Antidepressant medications are associated with improvements in pain, depression, fatigue, sleep disturbances, and health-related QoL.

Study on personality and psychiatric disorder in fibromyalgia. *Rose S, Cottencin O, Chouraki V et al. Presse Med. 2009 Jan 22 Epub.* The importance of psychiatric comorbidities, with mental and personality disorders in patients with fibromyalgia has to be taken into account in the treatment by their impact on doctor-patient relation.

Macrophages and nerve fibres in peritoneal endometriosis. *Tran LV, Tokushige N, Berbic M et al. Hum Reprod. 2009;24:835.* Endometriosis is considered to be an inflammatory disease, and macrophages are the most numerous immune cells in endometriotic lesions possibly playing a role in the growth and development of the lesions and in the generation of pain through interaction with nerve fibres.

Results of lateral internal sphincterotomy with open technique for chronic anal fissure: evaluation of complications, symptom relief, and incontinence with long-term follow-up. *Kiyak G, Korukluoglu B, Kusdemir A et al. Dig Dis Sci. 2009 Jan 1 Epub.* In this clinical prospective study on 129 patients the complication rate was 41.8%, urine retention being seen frequently in males. Postoperative incontinence was only to flatus and two-thirds of these resolved in 6 weeks. No patient showed improvement of incontinence after 6 weeks.

A randomized clinical trial for women with vulvodynia: Cognitive-behavioral therapy vs. supportive psychotherapy. *Masheb RM, Kerns RD, Lozano C et al. Pain. 2009;141:31.* Psychosocial treatments for vulvodynia are effective. Cognitive-behavioral therapy, a directed treatment approach that involves learning and practice of specific pain-relevant coping and self-management skills, yielded better outcomes and greater patient satisfaction than a less directive approach like supportive psychotherapy.

Pain sensitivity and analgesic effects of mindful states in Zen meditators: a cross-sectional study. *Grant JA, Rainville P. Psychosom Med. 2009;71:106.* Zen meditators have lower pain sensitivity and experience analgesic effects during mindful states. This may reflect cognitive/self-regulatory skills related to the concept of mindfulness and/or altered respiratory patterns. Prospective studies investigating the effects of meditative training and respiration on pain regulation are warranted.

Antecedent nonbladder syndromes in case-control study of interstitial cystitis/painful bladder syndrome. *Warren JW, Howard FM, Cross RK et al. Urology. 2009;73:52.* Probing for clues to the pathogenesis of interstitial cystitis/painful bladder syndrome (IC/PBS) antecedent non-bladder syndromes were found: fibromyalgia-chronic widespread pain, chronic fatigue syndrome, sicca syndrome, irritable bowel syndrome, migraine, chronic pelvic pain, depression, allergy. Most syndromes appear in clusters. Among the hypotheses generated is that some patients with IC/PBS have a systemic syndrome and not one confined to the bladder.

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