

Support pessary as first-line treatment in women with pelvic organ prolapse – a single center retrospective cohort study in Denmark

Abstract:

Objective To investigate the acceptance of pessary treatment in patients with pelvic organ prolapse (POP) by comparing certain baseline characteristics between the group that continues pessary treatment and the group that proceeds to surgery.

Design Single center retrospective cohort study.

Setting Department of Gynecology and Obstetrics; Odense University Hospital.

Population Women with POP treated with pessary.

Methods Descriptive statistical analysis was performed on baseline characteristics. Binominal logistic regression analysis was conducted to investigate predictors for pessary discontinuation.

Main outcome measure Pessary acceptance was investigated by comparing baseline characteristics between women who continue pessary treatment and those who underwent surgery.

Results This study included 1371 patients treated with support pessary. Of these, 850 women continued pessary treatment and 521 patients underwent surgical treatment. A history of hysterectomy (OR:0.68, CI:0.51-0.90, p=0.008), preexisting urinary incontinence (OR:0.71, CI:0.56-0.89, p=0.003) and previous pessary use (OR: 0.75, CI:0.56-0.99, p=0.047) were significant factors associated with discontinuation. Women aged 81-99 years are significantly more likely to continue pessary treatment (OR:1.77, CI:1.15-2.74, p=0.009). 'POP surgery', 'prolapse stage' and 'prolapse predominant compartment' were not associated with discontinuation. Approximately 38% of women aged 26-54 years discontinued due to personal preference.

Conclusion Hysterectomy, preexisting incontinence, and previous pessary use are significant predictors for pessary discontinuation. Increasing age is significantly associated with pessary continuation.