

USE OF THE **Tenflex**[®] FOOD SUPPLEMENT, ONLY OR IN ADJUVANCE, IN THE SYMPTOMATIC IMPROVEMENT OF PATIENTS WITH PELVIC SOIL PATHOLOGY

Estrada Z, Delgado E, Pérez I, Martínez F. Use of the Tenflex[®] food supplement, alone or in adjuvance, in the symptomatic improvement of patients with pelvic floor pathology. *Toko - Gin Pract* 2018; 77 (5). Gynecological Aesthetic Medical Research Center (CIMEG) Madrid.

Objective:

To evaluate the efficacy of the **Tenflex**[®] food supplement, alone and in laser or radiofrequency adjuvant, in women with pelvic floor pathology.

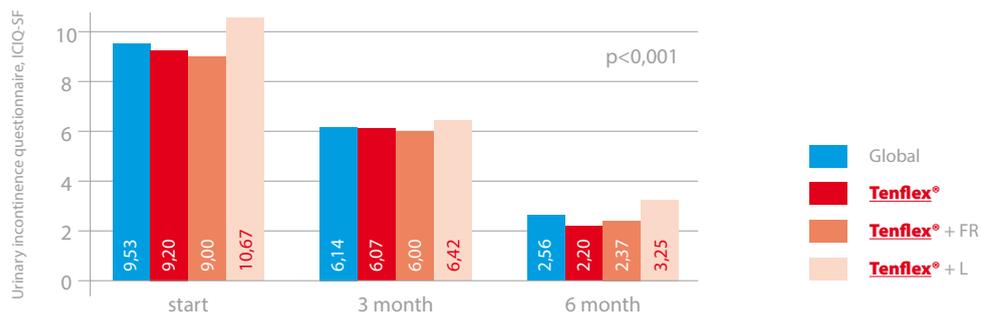
Method:

Prospective observational study. 57 women were included: 21 in the **Tenflex**[®] group one envelope per day (T), 22 in the **Tenflex**[®] group one envelope per day + radiofrequency (T + RF) and 14 in the **Tenflex**[®] group one envelope per day + laser (T + L). They had an initial ultrasound and controls at 3 and 6 months. Pelvic floor pain was assessed using the analog visual scale (VAS). The ICIQ-SF urinary incontinence questionnaire was used to assess urine losses in patients. The ability of vaginal contraction has been assessed using the Oxford scale.

Results:

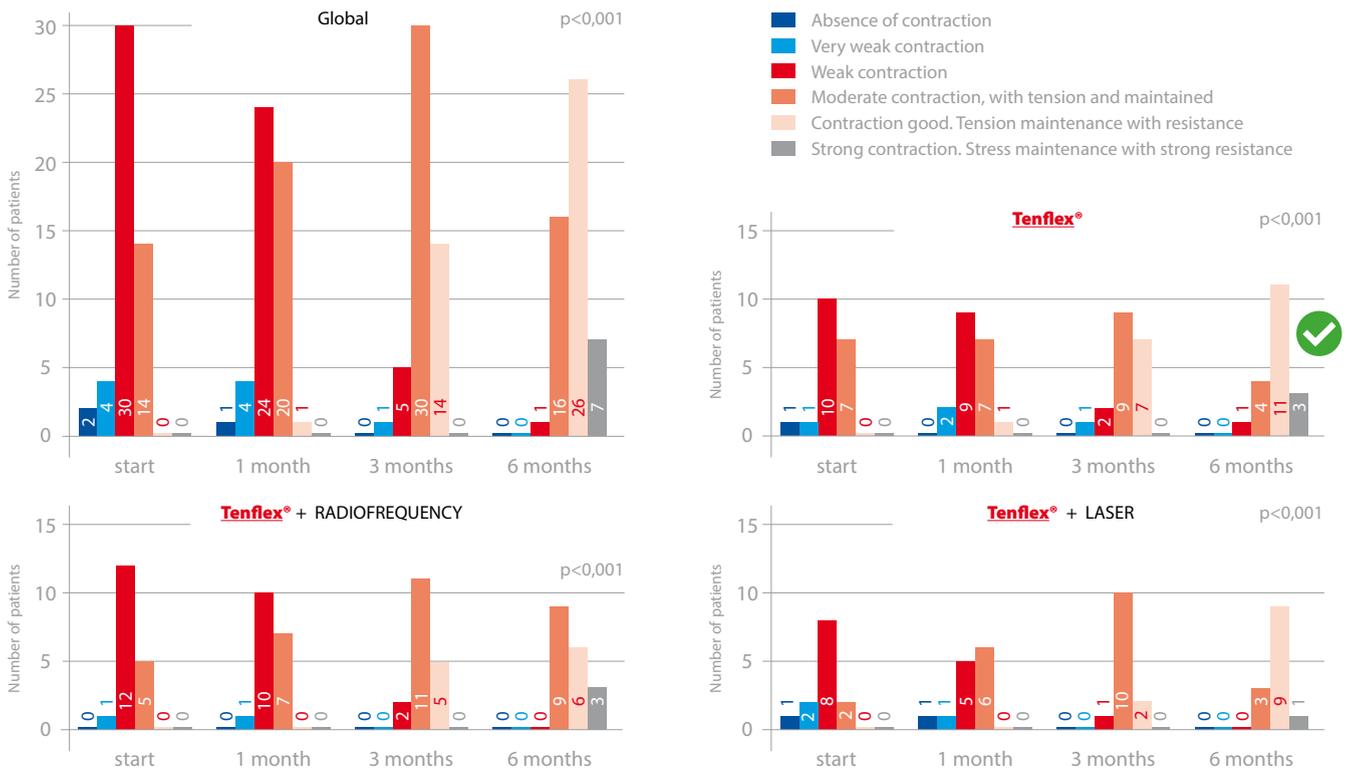
In the 43 patients who had presented previous symptoms of urine leakage, the evolution was favorable in the 3 groups: presenting a reduction of 3 points at 3 months (*Figure 1*). At 6 months, 30 of the 43 patients (69.8%) never lost urine. Improvement in pain is observed as the treatment time of all therapies increases. Vaginal contraction presents an evolution from absent or very weak contraction values to moderate, good or strong contraction values (*Figure 2*). There is improvement in the degree of prolapse in all therapeutic groups (*Figure 3*).

Figure 1. Evolution at 3 and 6 months of the ICIQ-SF **urinary incontinence** questionnaire, global and by therapeutic groups



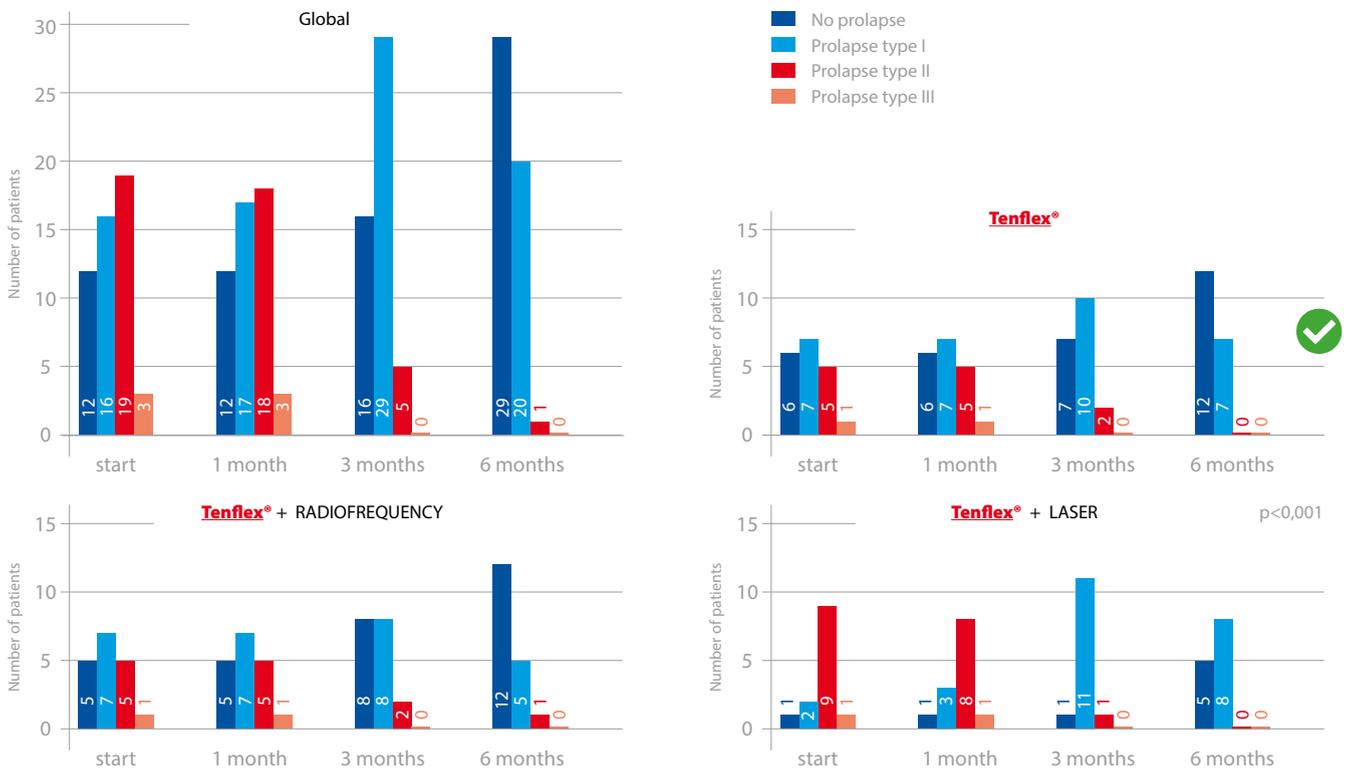
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Figure 2. Oxford scale. Vaginal, global and therapeutic group **contraction**



Statistically significant values are obtained in all groups. Notably, the **Tenflex®** group where 14/19 patients finished the study with good or strong contraction.

Figure 3. Evolution of **prolapse**, global and by therapeutic groups



It is worth noting the **Tenflex®** group where 12/19 patients finished the study without prolapse.

Conclusion:

In this observational study, the use of a daily envelope of the **Tenflex®** food supplement, alone or in radiofrequency or laser adjuvant, improves urinary incontinence, pelvic floor pain, decreases the degree of prolapse and vaginal contraction in women with pathology of the pelvic floor after 6 months of treatment, the improvement being visible at three months.

