

# Evaluasi Terapi Laser Vagina Terhadap Gejala Vagina dan Berkemih Serta Kekuatan Otot Levator Ani = Evaluation of Vaginal Laser Therapy on Vaginal and Urinary Symptoms and Levator Ani Muscle Strength

Andro Janevbech Wawura Karubuy, author

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## Abstrak

Latar Belakang: Gejala vagina dan berkemih berdampak buruk pada kesehatan seksual dan kualitas hidup wanita usia premenopause atau menopause/sindrom genitourinari menopause (SGM). Terapi laser vagina menawarkan pemulihan dan regenerasi jaringan dan organ berupa mengencangkan dan menebalkan jaringan mukosa vagina. Laser vagina diharapkan dapat memperbaiki gejala vagina, berkemih wanita, serta menguatkan kontraksi otot dasar panggul.

Objektif: Mengetahui perbaikan gejala vagina dan berkemih serta kekuatan kontraksi otot dasar panggul pasca terapi laser di RS YPK Mandiri, tahun 2017 – 2021.

Metode : Penelitian ini menggunakan studi kuasi eksperimental dengan mengambil data sekunder dari rekam medis.

Hasil: Total didapatkan 54 subjek penelitian dengan rerata usia 45,5 (SD = 11,67) tahun. Sebanyak 70,4 % wanita belum menopause, dan 29,6 % tergolong SGM. Gejala vagina kering didapatkan mengalami perbaikan pasca terapi laser dengan presentase 95 % ( $p = 0,006$ ), sedangkan presentase perbaikan gejala besar, inkontinensia urin tipe tekanan dan vagina longgar berurutan sebesar 78,2 %, 84,0 %, dan 60,0 %. Kekuatan kontraksi otot dasar panggul meningkat 3 bulan pasca terapi laser dari 25,00 (interquartile range (IQR) = 15,0) cmH<sub>2</sub>O menjadi 39,33 (IQR = 11,1) cmH<sub>2</sub>O ( $p < 0,001$ ). Demikian, kekuatan kontraksi otot dasar panggul berdasarkan skor Modified Oxford Scale (MOS) didapatkan 79,6 % (43 subjek) mengalami peningkatan 1 derajat MOS.

Kesimpulan: Terapi laser vagina dapat menjadi terapi alternatif untuk melembabkan lubrikasi vagina, dan meningkatkan kekuatan kontraksi otot dasar panggul.

.....Background: Vaginal and urinary symptoms often have adverse impact on the sexual health and quality of life of pre-menopausal or post-menopausal age women known as genitourinary syndrome of menopause (GSM). Vaginal laser offers tissue and organ restoration and regeneration by tightening and thickening vaginal mucosal tissue. Vaginal laser expected to improve vaginal symptoms, urination symptoms, and strengthen levator ani muscle.

Objective: To know the improvement of vaginal and urinary symptoms and levator ani muscle contraction after laser therapy at YPK Mandiri Hospital, 2017-2021.

Method: Quasi-experimental study by taking secondary data form medical records.

Result: Total sample 54 subjects were obtained with mean age of 45,5 (SD = 11,67) years. 70,4 % of women are pre-menopausal, and 29,6 % are classified GSM. Dry vaginal symptoms were found to have improved after laser therapy with a percentage of 95 % (0,006), while the percentage of improvement in incontinence symptoms, stress urinary incontinence, and vaginal laxity respectively were 78,2 %, 84,0 %, and 60,0 %.

The strength of levator ani muscle contraction increased 3 months after laser therapy from 25,00 (interquartile range (IQR) – 15,0) cmH<sub>2</sub>O to 39,33 (IQR = 11,1) cmH<sub>2</sub>O ( $p < 0,001$ ). Thus, the strength of

levator ani muscle contraction based on the Modified Oxford Scale (MOS) score was found to be 79,6 % (43 subjects) experiencing an increase of 1 - degree MOS.

Conclusion: Vaginal laser therapy can be an alternative therapy to moisturize vaginal lubrication, and increase the strength of levator ani muscle contraction.