

Vaginal hysterectomy and Sacrospinous Fixation effect on Sexuality and Quality of Life

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INTRODUCTION/BACKGROUND

Pelvic organ prolapse (POP) is a significant health issue that negatively impacts the quality of life (QoL) and sexual well-being of numerous women. Common symptoms include a sensation of pelvic pressure, dysfunction of the bladder and bowel, and sexual issues. Surgical intervention is a frequently utilized treatment for POP, with vaginal hysterectomy combined with bilateral sacrospinous ligament fixation (BSSLF) being one of the most widely performed procedures. Although the overall effects of POP on quality of life and sexual health have been explored, there is limited research specifically addressing the outcomes of vaginal hysterectomy with BSSLF.

OBJECTIVES/AIMS

This study aims to evaluate the quality of life (QoL) and sexual health in women diagnosed with pelvic organ prolapse (POP) and treated with vaginal hysterectomy combined with bilateral sacrospinous ligament fixation (BSSLF).

METHODS

This prospective observational study was conducted in our department between January 2021 and December 2023.

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RESULTS

The average age of the participants was 54.0 ± 6.0 years, with a mean BMI of 27.3 ± 2.6 kg/m². Nineteen patients (73.1%) were postmenopausal. Significant improvements in POP-Q measurements were observed between the preoperative and 6-month postoperative evaluations. Patients reported notable enhancements in quality of life (QoL) across various domains, including physical functioning, pain, overall physical health, general health perception, vitality, social interactions, emotional well-being, and mental health, compared to baseline ($p < 0.001$). The results of PISQ-12 demonstrated a significant improvement for all the three fields: behavioral emotive factor, physical factor, and partner-related factor, and the total score at 6 months after surgery ($p < 0.001$).

PISQ12 items before and after surgery

Item	Before surgery	After surgery	P value
desire	2.1	3	0.028
Vaginal dryness	2.2	2.8	0.032
dyspareunia	2.3	1.5	0.006
satisfaction	2	2.9	0.024
Fear of incontinence	2.5	1.2	0.001
Urgency	1.8	2.6	0.036
Frequency of sexual activity	2	2.7	0.12
Avoidance of sexual activity	2.4	1.5	0.002
lubrification	2.1	3	0.048
arousal	2.2	3.1	0.042
Partner satisfaction	2.2	2.9	0.08
Emotional closeness	2.5	3.3	0.04
total	21.5	28.3	0.001

CONCLUSIONS

Our results show that bilateral SSLF leads to significant improvements in both quality of life (QoL) and sexual function in patients with POP. These improvements may be explained by the resolution of prolapse-related discomfort, which often leads to sexual avoidance, and by the physical recovery achieved after surgery.