

TITLE

Does pelvic congestion cause bladder symptoms - potentially new indication to treat pelvic congestion.

BACKGROUND

Urinary symptoms have been commonly observed in PCS, including increased urination frequency, urinary urgency, nocturia and rarely haematuria. Venous drainage from the urinary bladder is via the visceral venous plexus and pelvic organs by the uterine and vaginal venous plexus. We hypothesised that increased blood flow and pressure within the pelvic veins in PCS patients may lead to venous congestion within the urinary bladder, resulting in bladder symptoms. This study aimed to investigate the prevalence of bladder symptoms in women with pelvic congestion syndrome (PCS) and the effectiveness of Ovarian Vein Embolization (OVE) in alleviating these symptoms.

METHODS

This was a retrospective case series study on women diagnosed with PCS between January 1, 2017, and December 31, 2022. Inclusion criteria were defined as the presence of clinical symptoms and radiological evidence of PCS undergoing Ovarian Vein Embolization. They were followed up at least 6 months post-procedure using a web-based survey on their bladder symptoms.

RESULT

The study population of 123 women included 80 patients (65%) who reported experiencing urinary bladder symptoms in conjunction with PCS and 43 patients (35%) without pre-existing bladder symptoms. The most common bladder symptoms during pre-procedure consultations included increased urinary frequency and nocturia. Among the individuals with bladder symptoms, 60/80 (75%) reported symptom improvement following OVE. Furthermore, 11/80 patients (13.8%) noted a complete resolution of their symptoms post-OVE, and 30/80 patients (37.5%) reported significant improvement. There were no reported major complications or mortality following OVE.

CONCLUSIONS

The findings of this study provided compelling evidence that bladder symptoms are common in women with PCS. Ovarian Vein Embolization emerges as a safe and effective intervention for alleviating concurrent bladder symptoms in these patients.