Helica Thermal Coagulator

Helium Beam Coagulation in the treatment of endometriosis: A six year study

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Summary:

The Helica TC Helium Beam Coagulator provides a safe and effective modality for treating endometriosis.

Presented by Dr. S. J Stock
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A RETROSPECTIVE COHORT STUDY OF 213 WOMEN WITH SYMPTOMATIC ENDOMETRIOSIS TREATED WITH THE HELICA TC HELIUM BEAM COAGULATOR

Patients, Methods & Symptoms:

Patients
Epidemiology, Age group 15-50 years, 10% of reproductive age group. Actiology, retrograde menstruation, immunological, genetic.

Symptoms
Chronic pelvic pain
Dysmenorrhoea
Dyspareunia
Loss of energy / motivation
Infertility

ALTERNATIVE METHODS OF TREATMENT
Psychosocial, Analgesic management, Hormonal, Alternative therapies, Conservative surgery, Radical surgery.

AIM OF STUDY:
Effectiveness of Helica Beam Coagulation Therapy
- Repeat surgical intervention
- Adhesion formation

STUDY METHODOLOGY:
Retrospective Cohort Study
January 1996 – December 2002
213 Women treated with the Helica TC Helium Beam Coagulator
Standard Data Collection Proforma

RESULTS ( N = 213 WOMEN )
Symptomatic endometriosis
Mean age 31 years (range 18-48)
71% Day case procedures
No major complications
10 minor complications
- 3 port-site wound infections
- 1 bleeding from laparoscopic port-site
- 5 readmissions with post-op pain
- 1 allergic reaction

rAFS STAGING (n = 213)

![Pie chart showing the distribution of rAFS staging]

Stage I 114 women
Stage II 43 women
Stage III 56 women

Results (n = 70)

70 women experienced recurrence of pain necessitating further surgical investigation of treatment
- 7 diagnostic laparoscopy
- 39 repeat Laparoscopic Helium Beam Coagulation
- 24 Hysterectomies
Median time between procedures 15 months (range 2 – 79 months)

Results (n = 70)

rAFS staging at 2nd look procedure
- 21 lower stage of disease (15 no disease visualised)
- 33 same stage of disease
- 16 higher stage disease

Results (Adhesions 1)
Adhesions were seen in 68 of the 213 patients (32%) in the original cohort. Adhesions were present in 36 of the 70 requiring 2nd look procedure (51%).

**Results (Adhesions 2)**

<table>
<thead>
<tr>
<th></th>
<th>No adhesions second look</th>
<th>Adhesions second look</th>
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</thead>
<tbody>
<tr>
<td>No Adhesions</td>
<td>30 (43%)</td>
<td>21 (30%)</td>
</tr>
<tr>
<td>first look</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adhesions first</td>
<td>4 (6%)</td>
<td>15 (21%)</td>
</tr>
<tr>
<td>look</td>
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**Observations:**

In this six year retrospective study only 70 of 213 women (33%) treated with the Helium Beam Coagulator required further surgical intervention.

Of these 70 women, only 16 (23%) had increased rAFS stage at a second look and only 21 (30%) had developed new adhesions.

There were no major complications associated with helium Beam Coagulation Treatment.

**Conclusion:**

The Helica TC Helium Beam Coagulator provides a safe and effective modality for treating endometriosis.

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