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The Use of Vibroacoustic Device “Vita fon” for the Treatment of Cystitis Patients.

Cystitis can either be spontaneous (primary) or be a complication of some other pathology in the bladder (bladder stones, tumour, foreign bodies introduced into the bladder through the urethra etc.).

Cystitis can be found in women more often and is usually a primary disease. In men, cystitis is almost always a complication of some other pathology. Big role in this is played by benign prostate gland hyperplasia.

Bladder walls modified by cystitis are characterised by disrupted blood circulation and lymphatic flow. As a result, medication cannot reach the diseased organ; a dose needs to be increased, which sometimes is not innocuous and is expensive, and the effect is always low.

Out of the physical range of treatment methods, heat is normally used (a hot-water bottle on the lower part of the abdomen and on the perineum, and warm sitting baths), which slightly relieves unpleasant manifestations of cystitis.

We used the vibroacoustic exposure on acute cystitis patients in combination with the medication therapy. At the remission stage, the vibroacoustic exposure was used on its own without anti-inflammatory drugs for 10 days. Prior to the night-time procedure, the lower part of the abdomen was swabbed with a 5% iodine solution. The

patient was lying on the back. One vibraphone was placed on the perineum and the other one on the lower part of the abdomen on the suprapubic area. The duration of the exposure was 15 minutes. The number of procedures and the operational mode – 2 procedures in mode “1”; 5 procedures in mode “2”; 1 procedure in mode “3”; 2 procedures in mode “4”. The other procedures were done in mode “2”. The device was used twice a day – in the morning and in the evening. In addition, a night-time procedure was done on E4 area in mode “2” for 5 minutes every day. The course of treatment lasted for 2 weeks. When necessary, the course of treatment was repeated after a 1-2 week interval.

The results of the vibroacoustic exposure were summarised based on 23 patients (18 women and 5 men). Lower urinary frequency was noted in 100% of patients, the disappearance or easing of colic pain in bladder area was noted in 73.9% of patients, reduced leukocyturia - in 87% of patients.

A positive result was noted in the patient who had been undergoing treatment for inlay cystitis without any success for a number of years. 3 weeks of vibroacoustic exposure reduced his urinary frequency from 27-30 times a day to 9-11 times.

Thus, vibroacoustic therapy can greatly improve blood circulation and lymphatic flow in the small pelvis area and the bladder, decrease tissue edema, normalise the bladder muscle tone easing micturition. Moreover, the effect from antibacterial, anti-inflammatory and local cystitis treatment also increases.

Vitafon device can be used at a relatively healthy stage without any medication. It will help to avoid exacerbation and to achieve a steady lengthy effect.