Objectives: Stress urinary incontinence (SUI) is a highly prevalent dysfunction in middle-aged and elderly women. One technique places a sub-urethral tape passed through the transobturator foramen (TOT). Efficacy and quality of life were assessed after ten years of treatment with the transobturator technique in women suffering SUI. This evaluation followed a previous control at the first and five years post-intervention.

Study design: Twenty-seven women were assessed ten years after operation with the transobturator technique. The evaluation consists in picking history symptoms of incontinence or overactive bladder. We also do a physical examination, a bladder stress test to evaluate objectively the efficacy of surgery technique and to evaluate subjectively the efficacy patients completed the quality of life test UDI-6 (Urogenital Distress Inventory Short Form) and IIQ-7 (Incontinence Impact Questionnaire Short Form).

Results: Twenty-three women (89%) remained cured, as assessed by the cough test. Ten women (37%) reported urine leakage during physical activity. These objective and subjective data were worse than those reported at the one-year follow-up. De novo urge urinary incontinence was reported by 11 women (40,7%), 9 of whose (33,3%) experienced de novo UUI.

The QoL tests confirmed that cure or improvement was achieved in 81% (22) (UDI-6) and 92% (25) (IIQ-7) of the women.

Conclusions: The transobturator tape procedure resulted in acceptable rates of efficacy after ten years. Moreover, an improvement of QoL was maintained in a substantial number of women for a long term. Nonetheless, women should be informed of the risk of de novo urinary urgency incontinence and the progressive loss of efficacy with time.