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Title: Transcutaneous Electrical Nerve Stimulation of the Foot: Results of a Novel At-Home, Non-invasive Treatment for Nocturnal Enuresis in Children

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Headline: Foot stimulation reduces episodes of nocturnal enuresis in children with at-home treatment modality

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Abstract

Objective: To evaluate the effect of a novel at-home approach to electrical foot stimulation of peripheral tibial nerve branches on the frequency of nocturnal enuresis episodes in children.

Materials and Methods: Children aged 5 to 18 having two or more bedwetting episodes per week for at least three consecutive months were eligible. The study was a total of six weeks. Participants completed a baseline nighttime voiding diary during the first two weeks. This was followed by two weeks of foot stimulation for 60 minutes each night. During the stimulation period, and the following two weeks post-stimulation, participants completed the nighttime voiding diary.

Results: Twenty-two patients with a mean age of 11.4 years (range 7-16) completed the study.

Overall, there was a significant reduction in mean total wet nights from 9.0 +/- 4.0 to 6.8 +/- 4.8

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