

The usefulness of biofeedback in treating anorectal disease in Asia

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Biofeedback therapy (BFT) is an instrument-based behavioural learning process centered on operant conditioning that has been demonstrated to be the most effective treatment for dyssynergic defecation (DD). There has been several randomized controlled trials comparing BFT with polyethylene glycol, diazepam, or placebo and all showed that BFT had better outcomes than the other treatments. However, a critical appraisal of the techniques used and the longterm outcomes of BFT are lacking. We evaluated the results for 347 consecutive constipated patients with DD who underwent BFT for a median of five sessions. The initial response rate to BFT was 72.3% (n=251) and The initial effects of BFT were maintained in 85 of the patients (82.5%) during a median of 44 months of follow-up (IQR=12-68). The probability of remaining a responder was 60% at 2 years, and 58% at 5 years. Therefore, we demonstrated that BFT is effective and durable treatment for managing DD. There has been several critics about BFT. In addition to the results of our group, the major debating points about BFT in treating anorectal diseases in Asia will be discussed.