

## STUDY OF THE PREVALENCE OF URINARY INCONTINENCE IN SPAIN IN THE FIRST DECADE OF S. XXI.

### Hypothesis / aims of study

Urinary Incontinence (UI) is defined as "the involuntary loss of urine which is objectively demonstrable and a social problem and / or hygienic". Justification: there are few studies on the population prevalence of UI at the national level, and there are discrepancies in the quantification. The UI is highly relevant: the American Public Health Agency, considered as one of the 7 medical situations requiring action as fundamentally affects the quality of life, people change their habits to adapt to the disease, retracts and practically ceases to socialize. The magnitude of problem is important since it is estimated that in Spain affects about 6 million people. There are few studies on the population prevalence of UI at the national level, and there are discrepancies in the quantification.

### Objectives:

General: to determine the prevalence of UI in Spain over 39 years.

### Specific:

- Understand and quantify the difference by age (decades) and sex.
- To determine whether the differences over the first decade of XXI century.
- To compare the prevalence obtained in different studies.

### Study design, materials and methods

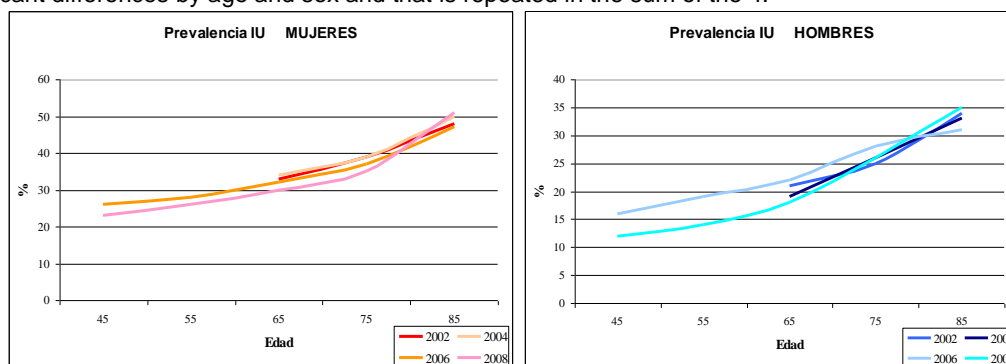
This study is based on the addition of 4 databases on the IU cross-sectional studies conducted in Spain in 2002, 2004, 2006 and 2008, with a similar methodology (personal interview performed by a physician, by randomly selecting a representative sample Spanish population, with a sampling error of 5%, a ratio of urinary incontinence and 33% confidence level of 99%. 7,037 questionnaires were obtained, broken down by age group and sex. He proceeded to statistical analysis using SPSS univariate analysis (percentages for qualitative variables, measures of central tendency and dispersion for quantitative) and bivariate (two qualitative variables: a comparison of the proportions, by constructing tables contingency, making the independence test Chi square test of Pearson, between a qualitative variable and a quantitative comparison of means by analysis of variance (ANOVA) using the procedure ONEWAY and between two quantitative variables, calculation of the coefficients linear correlation with confidence intervals) and by the CIA program, if significant differences, the confidence interval(95%).

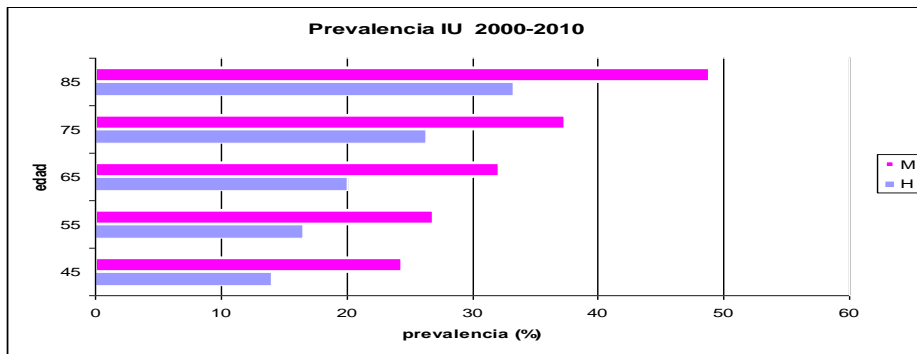
### Results

The processed 7,037 questionnaires distributed by study, age and sex:

	ESTUDY 2002			ESTUDY 2004			ESTUDY 2006			ESTUDY 2008			Total		
AGE	M	W	Total	M	W	Total	M	W	Total	M	W	Total	M	W	Total
40-49							268	281	549	77	83	160	345	364	709
50-59							239	263	502	71	89	160	310	352	662
60-69	277	298	575	347	356	703	199	236	435	48	71	119	871	961	1832
70-79	403	443	846	452	471	923	163	197	360	43	59	102	1061	1170	2231
>80	312	392	704	298	236	534	142	155	297	23	45	68	775	828	1603
Total	992	1133	2125	1097	1063	2160	1011	1132	2143	262	347	609	3362	3675	7037

No significant differences were found (95%) between 4 jobs, either globally or by age and sex, but it was found that in each there are significant differences by age and sex and that is repeated in the sum of the 4.





**Interpretation of results:**

In reading the various papers on UI note that the results are mixed.

We note that the subjects of the study populations are different for the variables age and sex, the prevalence urinary key, so we have to compare similar populations age and sex.

In most of the work emphasizes that the UI is a problem that is hidden or not consulted in a high percentage (between 40% and 70%, according to the authors) for it has been called the silent epidemic.

We believe that because of all the UI is a health, social and economic growth, which should be treated jointly by Public Health, Primary Care and Specialty Care through health education, prevention and treatment.

**Concluding message:**

1. Urinary incontinence is a major health problem that affects half of Spanish women aged 39 years and 28% of men.
2. Urinary incontinence is a problem that only viewing half of those affected.
3. Urinary incontinence increases with age in both men and women.
4. All authors agree that UI affects quality of life.
5. The total number of people with UI in 2012 is estimated at 5,836,070 and progression indicates that in 2018 will be 6,484,870.
6. Urinary incontinence is a health problem that affects the physical, mental, social and employment.

**References**

1. References (49).

**Disclosures**

**Funding:** No source of financiación. **Clinical Trial:** No **Subjects:** HUMAN **Ethics Committee:** Healthcare Ethics Committee gives Integrated xestión Xerencia of Santiago de Compostela. **Helsinki:** Yes **Informed Consent:** Yes