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STRESS INCONTINENCE 5 YEARS AFTER 1 ST DELIVERY

Aims of Study: To estimate the prevalence and incidence of stress incontinence 5 years after 1st delivery and to identify possible risk factors for developing long lasting symptoms.

Methods: In this longitudinal cohort study 305 primiparae were interviewed after 1st pregnancy and 1st puerperium. Five years after 91% answered a postal questionnaire. The questionnaire was tested and validated and the questions formulated according to the definitions of the International Continence Society. Objective data concerning deliveries or surgeries during the observation period were obtained from the records.

Results: A total of 30% had stress incontinence 5 years after 1st delivery; 8% complained of hygienic or social discomfort because of stress incontinence and 6% had stress incontinence daily. The 5 years incidence of stress incontinence was 19%. The risk of long lasting stress incontinence was significant higher in the group of women with onset during 1st pregnancy and 1st puerperium than in the group of women without stress incontinence before, during or after the 1st pregnancy (=incidence group). If the symptom was present 3 months after 1st delivery 88-100% had stress incontinence 5 years after. Vacuum extraction at the 1st delivery was used significantly more often in the group of women with onset during 1st puerperium, while an episiotomy at the 1st delivery was performed significantly more often in the group of women with onset of stress incontinence in the 5 years of observation.

Conclusions: First pregnancy and delivery carry a high risk of inducing long lasting stress incontinence. Obstetric risk factors are episiotomy and vacuum extraction performed at the 1st delivery. Subsequent childbearing or surgeries seems without significant influence. The group of high risk is women with stress incontinence 3 months after 1st delivery. All most 100 % of those women will have the symptom 5 years after.

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