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Title: PREVALENCE OF BLADDER CONTROL PROBLEMS IN MULTI-ETHNIC POPULATION

Aims Of Study:

Very little data exist on the prevalence of bladder control problems in ethnic minorities. The objective of our study was to survey such prevalence in a multi-ethnic population.

Methods:

A written anonymous questionnaire was distributed among participants who presented to their primary care physicians (PCP) facility for unrelated problems to an inner city health care facility in Denver, Colorado. The participants were asked questions with regard to (a) frequency of urination during the day and at night; (b) leakage of urine with urge or stress; (c) whether their urinary symptoms bother them. Then the participants handed the questionnaires to their PCP. The PCP was asked to make the clinical judgment as to whether (a) the patient does not need any further follow up; (b) the patient needs follow up with her/his PCP; or (c) patient needs a follow up with a urologist.

Results:

A total of 452 patients completed the questionnaire, 320 non-pregnant women; 80 pregnant women, and 52 male. Participants' age ranged from 16-80. Two-hundred and fifty-two (56%) were Hispanic, 88 (19%) African American, 56 (12%) white non-Hispanic, and 56 others. The PCP's recommendation were that 292 (64%) participants did not need further follow up, 132 (29%) needed follow up with their PCP, and 28 (0.06%) needed follow up with a urologist. The table below shows the respond of the participants to the questions:

	<u>YES</u>	<u>NO</u>
>8 Urination/24 hrs	152 (34%)	299 (64%)
Urgency	136 (30%)	316 (70%)
Urge Incontinence	52 (12%)	400 (88%)
Noturia >2	132 (29%)	320 (71%)
Wearing Protective Pads	28 (6%)	424 (94%)
Pads to prevent wetting	24 (5%)	428 (95%)
Stress incontinence	104 (23%)	348 (77%)
Bother	84 (19%)	368 (82%)

Conclusions:

Approximately 30% of the multi-ethnic adults presenting to PCP for unrelated problems have difficulty with their bladder control. A larger sample is needed to distinguish any differences among the ethnic groups. Our study is ongoing with recruitment of >100 patients per week.

Colorado Institutional Review Board approved this study.

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