

BLADDER SYMPTOMS IN THE YOUNG MENOPAUSAL WOMEN: A DISTRICT GENERAL HOSPITAL EXPERIENCE.Hypothesis / aims of study

The aim of this study was to investigate the prevalence of bladder symptoms in menopausal women under the age of 45 years, and thus identify their needs and tailor our service accordingly.

Study design, materials and methods

To enable this study, a database of young women with menopause was established. As part of the routine clinical practice, all women attending the Young Menopause Clinic complete a department questionnaire which enquires about general, menopausal, bladder and vaginal symptoms and their severity at each visit. Bladder symptoms enquired about include day time frequency (day n), urgency, urge incontinence (U.I), stress incontinence (S.I), night time frequency (night n) and bed wetting. Each of these symptoms are graded by the patient as no problem/ mildly/ moderately and severely troubled.

The clinical notes of patients included in the database were reviewed to collect the information on prevalence and severity of bladder symptoms.

Results

During the period of January 2007 and March 2008, 107 menopausal women under the age of 45 years were identified. Seventy three percent of women had undergone natural menopause, while 23% and 4% had gone through surgical and chemotherapy +/- radiotherapy related menopause respectively. The majority of women (53%) had been menopausal for 1-5 years. Most women belonged in the 35-44 years age band (89%). At entry into the database, 50% and 16% of the women were on oral and non-oral hormone replacement therapy respectively.

The prevalence of moderate to severe bladder symptoms in women with no known pre-disposing factor (n=104) was as follows:

Age (years)	No.	Day n	Urgency	U.I	S.I	Any incontinence	Night n	Bed-wetting
25-34	10	10%	20%	20%	20%	20%	10%	0%
35-44	94	18%	14%	13%	11%	15%	9%	1%

Interpretation of results

At least one in ten young women with menopause suffers with moderate to severe bladder symptoms.

Concluding message

This is the first study looking at bladder symptoms in young menopausal women. At present it is difficult to make comparisons to the existing literature mainly due to the wide variation in the definition of urinary incontinence used in other studies.

Health professionals should actively address bladder symptoms in young menopausal women and this information should be collected.

Specify source of funding or grant	Nil to declare.
Is this a clinical trial?	No
What were the subjects in the study?	HUMAN
Was this study approved by an ethics committee?	No
This study did not require ethics committee approval because	it was a clinical notes audit.
Was the Declaration of Helsinki followed?	No
This study did not follow the Declaration of Helsinki in the sense that	it did not affect patient care and was an audit undertaken to find the prevalence of bladder symptoms.
Was informed consent obtained from the patients?	No