686

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DETECTION OF URINARY INCONTINENCE IN SPANISH MENOPAUSAL PATIENTS. STUDY NUMEMESP.

Hypothesis / aims of study

To assess the prevalence of urinary incontinence (UI) and alteration in the quality of life means, in this population of menopausal women in different regions of Spain.
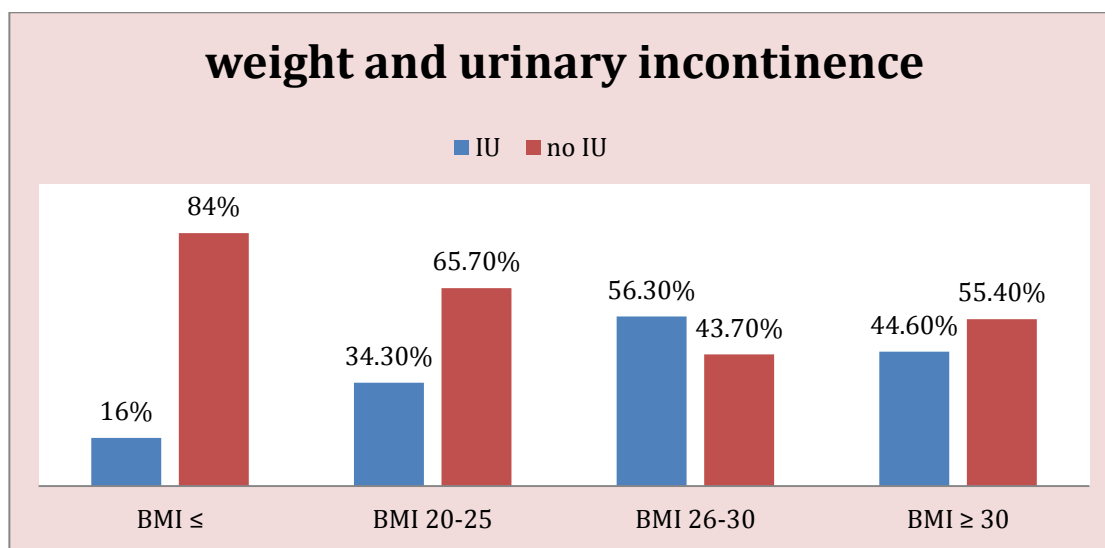
Study design, materials and methods

An epidemiological, multicenter, observational and transversal study, performed by gynecologists in clinical practice conditions in single visit. Include women with natural menopause, surgical or iatrogenic gynecologist, with maximum age of 69. Random and systematic. The instrument is a questionnaire designed specifically MUMENESP. The variables are sociodemographic, clinical, lifestyle and perceived quality of life, and the instrument that we utililzado is ICIQ-SF (validated Spanish and included in the survey mentioned above). Categorize the final score of ICIQ-SF into three groups, those patients with mild score of 1 to 10, moderate scores from 11 to 14 and severe with score> 15.
The total sample of patients was 3022. Statistical analysis was performed using Chi2 function.

Results

The mean age was 56.7 years. Menopause average age of 48.7 years. The prevalence of UTI in the study population was 36.1% and 76.85% of these patients had an impairment in their quality of life mild (ICIQ-SF ≤ 10), a 15.91% had a moderate impairment (ICIQ-SF 11-14) and 7.2% a severe disease (ICIQ-SF ≥ 15), noting that the ratio of degree of UI with Quality of Life, was significant ($p < 0.0005$). Relating parity with the UI, and this association was also significantly higher parity increased presence of IU ($p < 0.0005$): prevalence of UI in gilts from 22% in patients with 1 or 2 deliveries was 32.8%, and in patients with 3 or more deliveries of 45.2%.
Another variable analyzed was BMI (body mass index) and UI, higher BMI greater association with IU ($p < 0.0005$).

Interpretation of results

The epidemiological data shown reflect both the parity and BMI affect and are associated with the onset of UI, and therefore would be modifiable factors, namely that we should take them into account when making prevention campaigns. First try to give good care during childbirth, and insist on hygienic dietary measures to minimize negative effects on urinary continence.

Concluding message

The prevalence found in the menopausal population, between different Autonomous Communities in Spain, corresponds to the published literature, and also the UI is associated in a meaningful way to parity and BMI. This association also numerous epidemiological studies suggest. We can not yet assess the association of UI with menopause, for all the study population belonged to the hormonal status.

Specify source of funding or grant	**study funded by a grant from de spanish Society of Gynaecology**
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	**Because it was epidemiological study, and is not believed necessary**
Was the Declaration of Helsinki followed?	**Yes**
Was informed consent obtained from the patients?	**Yes**