

WOMEN WITH GENITAL PROLAPS PRESENT A BROAD SPECTRUM OF SYMPTOMS FROM ALL ORGANS IN THE PELVIS

Hypothesis / aims of study

The aim of the study was to examine the frequency of mechanical symptoms and symptoms from urinary and gut systems in women with genital prolaps. At the same time quality of life and sexual dysfunction symptoms was examined. Correlation between the grade of the prolapse and the median symptom score was also examined.

Study design, materials and methods

Data from a national quality database, concerning urogynaecologic patients was used in the study. We focused on patients from a gynaecologic department at a University Hospital, a tertiary referral centre, from year 2006-2007.

The data consist of a questionnaire covering six symptom groups: Mechanical symptom, voiding dysfunction, urinary incontinence, defecation problems, anal incontinence and quality of life including sexual dysfunction.

A total of 1795 patient with genital prolaps were obtained. Only patients with a pelvic organ prolapsed quantification (POP-Q) examination was included. 802 patients was included.

775 patients of these had a genital prolaps equal to or higher than grade 1, but some had not completed the full questionnaire. Initially the percentage of patients with symptoms within each group was calculated. Furthermore the average symptom score of every symptom group were correlated to the patients POP-Q.

Results

Table 1: Percent of patients with different symptoms

Symptom	Number of patients with POP-Q \geq 1	Percent of patients with symptoms
Mechanical symptom	603	84%
Voiding dysfunction	618	97%
Urinary incontinence	647	78%
Defecation problem	627	84%
Anal incontinence	617	67%
Quality of life including sexual dysfunction	424	95%

Note: The number of patients differs because some patients did not answer all the symptom questions.

Table 2: Correlation between prolaps grade and the average symptom score.

POP-Q	Mechanical symptom score	Voiding dysfunction score	Urinary incontinence score	Defecation problem score	Anal incontinence score	Quality of life including sexual dysfunction score
1	8	10	10	7	5	4
2	13	9	8	8	5	4
3	14	10	7	7	5	3
4	10	10	6	6	4	3

Interpretation of results

A high proportion of women patients with genital prolapse have symptoms concerning both bladder, gut and quality of life including sexual dysfunction, but there is a poor correlation between size of the prolapse and severity of symptoms in most domains. Only mechanical symptom seems to have some correlation.

Concluding message

The majority of women with genital prolapse have symptoms from all organs in the pelvis.

The size of the genital prolapse, does not correlate well with the severity of the symptoms the women experience.

The broad variety of symptoms must be met in daily practice, hence a setup must be able to deal with both mechanical, urinary, defaecation and sexual problems. Preferentially through a multidisciplinary team covering gynaecology, urologi and colorectal surgery.

<i>Specify source of funding or grant</i>	Non external funding
<i>Is this a clinical trial?</i>	No
<i>What were the subjects in the study?</i>	HUMAN
<i>Was this study approved by an ethics committee?</i>	No
<i>This study did not require ethics committee approval because</i>	The study is a questionnaire, that is appoved by the Danish data protection agency. The included patients are anonymous in the data.
<i>Was the Declaration of Helsinki followed?</i>	Yes
<i>Was informed consent obtained from the patients?</i>	Yes