

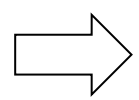
#25700 ASSOCIATION OF HEMORRHOIDS, CONSTIPATION AND ANAL INCONTINENCE WITH THE PRACTICE OF PHYSICAL EXERCISE DURING GESTATIONAL PERIOD

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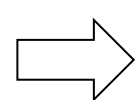
Hypothesis / Aims the Study

CONSTIPATION:
reduced defecation, hard and/or irregular stools and straining during bowel movements.



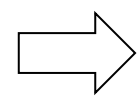
- Pregnant women may be more susceptible.
- Increase in progesterone and reduction in physical exercise.

HEMORRHOIDS:
venous dilations in the anal canal during pregnancy.



- May be related to the pressure exerted by the growing uterus on the hemorrhoidal veins, leading to symptoms such as itching, pain, and bleeding during defecation.

ANAL INCONTINENCE:
inability to control the loss of gas or feces.



- May be linked to weakening of the pelvic floor muscles resulting from pregnancy.



- Aim: to verify whether there is an association of the prevalence of constipation, hemorrhoids and anal incontinence with the practice of physical exercise during gestational period.

Study design, materials and methods



- A cross-sectional study.



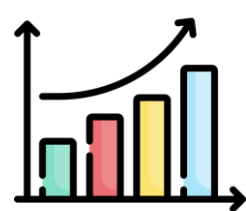
- Women aged 18 or older with up to 6-month postpartum.



- Electronic form self-reporting about symptoms with the question: **Check if you had any of the health conditions described below during your last pregnancy: constipation, hemorrhoids, anal incontinence, and none.**
- Participants could indicate more than one symptom.



- Regarding the practice of physical exercises, participants answered: **Did you practice physical exercises during pregnancy?**



- Data analysis: participants demographics and the prevalence of constipation, hemorrhoids, and anal incontinence.
- The association between symptoms and physical activity practice: Chi-square test through SPSS 26.0.

Results and Interpretation

Participants: 119 women, 87% white and 58.8 % doing physiotherapy during gestacional period.

Table 1. Prevalence of self-reported hemorrhoids, constipation, anal incontinence, and physical exercise.

| Variables analyzed | Participants |
|----------------------------------|--------------|
| Age years (\pm) | 31 (5.2) |
| Physical exercise practice % (n) | 84.9% (101) |
| Conditions | |
| Constipation | 20.2% (24) |
| Hemorrhoids | 18.5% (22) |
| Anal incontinence | 0.8% (1) |

Table 2. Association between hemorrhoids, constipation, anal incontinence, and physical exercise practice.

| Conditions | Physical exercise practice | | p-value |
|-------------------------|----------------------------|--------------------|---------|
| | Practitioners | Non-practitioner s | |
| Hemorrhoids (n=35) | 20 | 2 | 0.382 |
| Constipation (n=24) | 22 | 2 | 0.299 |
| Anal incontinence (n=1) | 1 | 0 | 0.672 |

- Highest percentage of symptoms was **constipation**. Literature indicates the prevalence is between 11 and 38% of pregnant women [1].
- 18.5% of participants reported having **hemorrhoids**. But the literature reports that this condition could be higher 86% [2].
- **Anal incontinence:** in accordance with literature. Prevalence is low, 3.9% around 12th week of gestation, but increases in the postpartum period to 5.7% [3].
- **Limitations:** sample size calculation and open ended questions
- **Future studies:** *explore the effects of physical activity during pregnancy and its impact on pelvic floor muscles; use of standardized tools to have a more comprehensive knowledge on pelvic floor dysfunction.*

Conclusions

During gestational period, women may present pelvic floor dysfunctions. Among them, the prevalence of constipation and hemorrhoids stands out, even in active pregnant women.

Funding: Coordenação de Aperfeiçoamento de Pessoal de Nível Superior – Brasil (CAPES).

Acknowledgments: Coordenação de Aperfeiçoamento de Pessoal de Nível Superior – Brasil (CAPES). Edital CAPES PRINT. 88887.889651/2023-00

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CONTACT

