

URINARY INCONTINENCE IMPACT ON BRAZILIAN WOMEN SEXUAL FUNCTION

Hypothesis / aims of study

Urinary incontinence (UI) is a high prevalent condition in middle-aged women with significant impact on social relationship, psychological aspects and sexual function. Our preliminary data showed that incontinent women have decrease in sexual desire and difficulty to reach orgasm (1). In the present study, we present our final data evaluating the UI impact on Brazilian women sexual function.

Study design, materials and methods

From June 2010 to July 2012 we evaluated continent and incontinent women sexual function by means of Female Sexual Quotient (FSQ- range 0-100, where score ≤ 60 suggests sexual dysfunction). The FSQ evaluate 5 domains: 1- Sexual desire, 2- Preliminary moments, 3-Partner bounding, 4- Sexual comfort and 5- Orgasm (2). In addition, to determine sexual satisfaction we used WHOQoL's question 21 (range 0-5, where 0-3 = dissatisfaction and >3 = satisfaction). All women were evaluated by means of past medical history, ICIQ short-form, Incontinence Impact Questionnaire (IIQ-7). Exclusion criteria were pregnancy, neurological diseases and patients with cognitive impairment.

Results

We evaluated 257 women (144 incontinent and 113 continent). Demographic data are shown in Table 1. Table 2 shows the sexually active women data. Incontinent women had worse score in Sexual desire, Preliminary moments, Partner bounding, Sexual comfort and Orgasm (table 3).

Table 1: Demographics.

	UI (n=144)	Continent (n=113)	P
Age (mean \pm SD)	57.30 \pm 12.86	55.5 \pm 11.32	0.316
Median total delivery (min-max)	3 (0-20)	2 (0-13)	<0.001
BMI (mean \pm SD)	28.37 \pm 5.45	26.54 \pm 4.65	0.004
Married/partnered	57% (87)	53% (57)	0.177
Sexuality inactive	45% (69)	29% (33)	0.007
ICQ	13.59 \pm 5.71	0	
IIQ-7	47.45 \pm 28.32	0	

Table 2: Sexually active women demographics

	UI (n=73)	Continent (n=80)	P
Age (mean \pm SD)	50.8 \pm 10.5	53.2 \pm 10.1	0.140
Median total delivery (min-max)	3 (0-20)	2 (0-12)	0.015
BMI (mean \pm SD)	28.43 \pm 5.76	27.21 \pm 4.74	0.142
Married/partnered	80% (67)	61% (47)	0.019
Without sexual Dysfunction	53% (44)	23% (18)	<0.001
Intercourse frequency	5.65 (1-30)	6.29 (1-28)	0.882
Sexual Satisfaction	3.32 (1-5)	4.03 (1-5)	<0.001
Leakage during sexual activity	44%		

Table 3. Female Sexual Quotient Questions

	UI (n=73) (mean \pm SD)	Continent (n=80) (mean \pm SD)	P
Q1- How often do you think spontaneously about sex, remember sex or imagine having sex?	1.90 \pm 1.27	2.30 \pm 1.57	0.058
Q2- How often is your interest in sex enough for you to be willing to participate in sexual intercourse?	2.78 \pm 1.68	3.52 \pm 1.77	<0.001
Q3- How often do the preliminaries (caressing, kissing, hugging, cuddling) stimulate continuing sexual intercourse?	3.32 \pm 1.80	4.16 \pm 1.49	<0.001
Q4- How often do you become lubricated (wet) during sexual intercourse?	3.20 \pm 1.76	3.62 \pm 1.86	0.021
Q5- During sexual intercourse, as the excitation of your partner increases, do you also feel encouraged to continue	3.15 \pm 1.80	3.98 \pm 1.61	<0.001

sexual intercourse?			
Q6- During intercourse, do you relax your vagina enough to facilitate penetration of the penis?	3.31±1.84	4.27±1.15	<0.001
Q7- Do you usually feel pain during intercourse when the penis penetrates your vagina?	2.94±1.99	3.76±1.73	<0.001
Q8- How often can you get involved, not distracted (without losing concentration) during intercourse?	2.74±1.76	4.03±1.20	<0.001
Q9- How often can you reach orgasm (maximum pleasure) in sexual relations?	2.56±1.53	3.62±1.65	<0.001
Q10- Does the satisfaction degree you get from sexual relation make you feel like having sex again on other days?	2.69±1.99	3.37±1.86	0.030

Interpretation of results

Continent women were more sexually active than their counterparts (71% versus 55%, respectively). We observed a high rate (44%) of UI women reporting urinary leakage during sexual intercourse. Despite similar intercourse frequency between the two groups, UI women present more sexual dysfunction than continent women. The incontinent women reported being less sexually satisfied than continent women. Sexually active continent and incontinent women had similar intercourse frequency and thinking about sex in the same way. However, incontinent women had worse score in Sexual desire, Preliminary moments, Partner bounding, Sexual comfort and Orgasm.

Concluding message

UI has a significant impact on female sexual function. Women with UI have 20% greater chance of abandoning sexual activity. Despite similar answers regard thinking about having sex and intercourse frequency; women with UI have less satisfaction during intercourse.

References

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2. Tozo IM, Moraes JC, Lima SM, Gonçalves N, Auge AP, Rossi LM, Aoki T. Sexuality evaluation in women submitted to hysterectomy for the treatment of uterine leiomyoma. Rev Bras Ginecol Obstet 2009;31:503–7.

Disclosures

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