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GENERAL HEALTH STATUS IN MID-AGED WOMEN WITH PELVIC FLOOR DISORDERS (PFDS) OR URINARY INCONTINENCE: A PILOT STUDY

Hypothesis / aims of study
To assess physical and mental healthiness in women with PFDs with indications for surgical management

Study design, materials and methods
Cross-sectional study of 72 women (29 premenopausal and 43 postmenopausal), aged 40-65 years, with PFDs who completed a socio-demographic questionnaire, the 12-item Health Survey (SF-12) which includes both physical and mental assessment and the Short International Consultation on Incontinence Questionnaire (ICQ-SF) which scores from 0 to 21.

Results
The median [interquartile range] physical and mental SF-12 scores were 39.4 [14.8] and 39.5 [18.8], respectively. Physical SF-12 score was inversely related with age (r: -0.244) and stress urinary incontinence, whereas mental SF-12 score was related to hormone replacement therapy.

Interpretation of results
Two multiple linear regression analyses were performed to obtain 2 best-fit models predicting physical and mental SF-12 scores including independent variables found to be significant during bivariate analysis. A 14.9% of the physical SF-12 variance was explained by years since the menopause and ICQ-SF scores; whereas a 5% of the mental SF-12 variance was explained by hormone replacement therapy. In a third model, a 35.5% of the ICQ-SF variance was explained by physical SF-12 (β: -0.221) and pelvic organ prolapse (β: -7.351).

Concluding message
In this small sample of women with PFDs physical health was worsened by urinary incontinence and years since the menopause. Further studies are needed with a larger sample of women.

Disclosures
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