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## PREVALENCE OF THE URINARY INCONTINENCE IN UZBEK WOMEN.

### Hypothesis / aims of study

: Researching of the prevalence of urine incontinence in developing countries, was one of the recommendations of the 4<sup>th</sup> International Consultation on Incontinence. We determined the prevalence and risk factors of urinary incontinence (UI) in an urban female population by using the International Continence Society (ICS) definition, and assessed its impact on quality of life (QOL) in Uzbek women.

### Study design, materials and methods

In this cross-sectional study 2052 women aged over 18 years were interviewed through a questionnaire including Bristol female LUTS questionnaire. In addition, all participants underwent a detailed health examination, including physical assessment, evaluation of life style factors, laboratory study and urinalysis.

### Results

The overall prevalence of UI was 34,4% (n=706). Among these women, 136 (19,3%) had urge, 260 (36,8%) stress and 310 (43,9%) mixed type of UI. The prevalence rate increased with advancing age. The highest level of prevalence of urine incontinence is established in the age of 60 years and older (57,5 cases for a 100 women).

UI was significantly associated with numbers of delivery, overweight, hypertension, history of nocturnal enuresis and recurrent urinary tract infections. Only 380 (53,8%) women stated that UI have negative impact on the QoL. Although, 17,2% of this women marked that quality of life had severely affected by voiding problems .

59,8 % of women did not know about an opportunity of treatment of this disease and 42,1 % of women in general never addressed to the doctor in occasion of the disease

### Concluding message

UI affect approximately one of three Uzbek women. The results emphasize the need for taking preventive measures and policy development for UI.

### Disclosures

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