

OVERACTIVE BLADDER SYMPTOMS AND BODY MASS INDEX: THE INFLUENCE IN PREMENOPAUSAL WOMEN.

Hypothesis / aims of study

The aim of the study was to establish a correlation between Overactive Bladder (OAB) symptoms and Body Mass Index (BMI) in women aged 20-45.

Study design, materials and methods

We interviewed 1050 women aged 20-45 in the area of Campinas, Brazil, to investigate the prevalence of Overactive Bladder Symptoms. In this study we used the ICIQ-OAB questionnaire (ICS standard), in its validated Portuguese version and a specific questionnaire for the demographics, which includes information about BMI.

Results

Overall, women with BMI ≥ 30 presented a significantly higher score than women with a lower BMI (18.5 - 24.9). ($p=0.0066$). In the analysis of individual symptoms, no significant differences were found regarding urinary frequency ($p=0.5469$). Women with BMI ≥ 30 presented more nocturia than women with BMI ranging between 18.5 and 24.9 ($p=0.0154$). Women in the group of BMI 25 - 29.9 presented more urgency than women with BMI 18.5 - 24.9 ($p=0.0278$). Significant difference was also found regarding urge-incontinence; women with BMI 25 - 29.9 presented a higher score than women in the group 18.5 - 24.9 ($p=0.0017$). Analysis was also performed on the visual analogue scale regarding how much each symptom bothers the women (quality of life). There were no significant differences regarding frequency, nocturia or urgency but urgency incontinence bother was significant. Women with BMI 25 - 29.9 were more bothered by incontinence than women with BMI 18.5 - 24.9 ($p=0.002$).

Interpretation of results

The results show that women with higher BMI present more OAB symptoms and are more bothered by them.

Concluding message In conclusion, this study reinforces the correlation between BMI and OAB symptoms. Obese women present more OAB symptoms than non-obese women.

References

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Disclosures

Funding: CAPES - Coordenação de Aperfeiçoamento de Pessoal de Nível Superior **Clinical Trial:** No **Subjects:** HUMAN **Ethics Committee:** Comitê de Ética em Pesquisa da Faculdade de Ciências Médicas - UNICAMP **Helsinki:** Yes **Informed Consent:** Yes