INTRODUCTION - According to the International Continence Society, urinary incontinence is defined as the involuntary leakage of urine, and fecal incontinence, as the involuntary loss of stool and/or gas.

AIMS OF STUDY - The objective of the study was to determine the prevalence of urinary (UI), anal incontinence (AI) and combined (CI) of self-reported in patients with diabetes mellitus and their risk factors in adults living in Pouso Alegre, Minas Gerais, Brazil.

STUDY DESIGN, MATERIALS AND METHODS - Study type quantitative, epidemiological study at random a convenience sample. Approved by the Ethics Committee Research at the Foundation of Education of the Vale do Sapucaí, Process 634 020/2014 / CEP. Study conducted in the city of Pouso Alegre, Brazil. The research was performed with 76 patients with diabetes mellitus aged 18 years or more after going on medical consultation at a public health institution who agreed to participate. Statistical Method: Data were described as absolute and relative frequencies for categorical variables and as means and standard deviations for numerical ones. Association of incontinence with other traits is measured by Fisher’s exact test for categorical variables and Student’s t test for numerical variables. Analyses were conducted on SPSS v17.

Simple descriptive data

- 76.3% women
- 60 years mean age
- 65.8% married
- 76.3% primary education
- 55.3% retired
- 78.9% Systemic arterial hypertension
- 69.7% hypotensive drugs
- 94.7% hypoglycemic
- 14 years with diabetes:
  - 168.4 mg / dl average of fasting blood glucose
  - 84.2% bowel habit
  - 8%. without effort
- 65.8% married
- 76.3% primary education
- 55.3% retired
- 78.9% Systemic arterial hypertension
- 69.7% hypotensive drugs
- 94.7% hypoglycemic
- 14 years with diabetes:
  - 168.4 mg / dl average of fasting blood glucose
  - 84.2% bowel habit
  - 8%. without effort

Prevalence of Incontinence

- UI (44) 58.7%
- AI (24) 32.0%
- CI (22) 29.7%

Concluding message: The study provided a better understanding of the epidemiology of urinary, fecal incontinence and double incontinence in people with diabetes and may contribute to the development of public policies and primary and secondary prevention and treatment of incontinence, at least at the municipal level programs.

Factor Associated

Factor associated IU
- Female genre (p=0.15)
- Complete secondary school (p=0.16)
- Widow (p=0.012)
- Anterior Vaginal wall prolapsed (p=0.042)
- More than 4 children (p=0.040)
- Diuretics (p=0.134)

Factor associated IA
- Female genre (p=0.008)
- Single (p=0.003)
- Hemorrhoids (p=0.022)
- Cesarean section (p=0.017)
- Frequent Urinary Infection (p=0.016)

Factor associated CI
- Female genre (p=0.009)
- Single (p=0.001)
- Frequent urinary infection (p=0.007)


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