

PROFILE OF OLDER WOMEN WITH OVERACTIVE BLADDER IN DISTRITO FEDERAL, BRAZIL

Hypothesis / aims of study

Several studies have attempted to estimate the prevalence of urinary problems, including overactive bladder (OAB). Studies in populations with specific assessment of socio-demographic characteristics are scarce, especially when we talk about the Midwest region of Brazil. The aim of this study was to estimate the occurrence of OAB in older women living in Distrito Federal (DF), Brazil and characterize the study sample.

Study design, materials and methods

The screening for this research was done with elderly women that live in the community and attend an elderly health awareness program in the Distrito Federal, Brazil between August of 2012 and February of 2014. Elderly were excluded not resident in DF and not to sign the term of free and informed consent. To scan OAB an Advanced Questionnaire of Overactive Bladder – OAB-V8 (Overactive Bladder-Validated 8-question Screener), was used, an instrument created to help patients and health professionals in identifying overactive bladder symptoms and validated for the Brazilian population. A score above 8 points and characterized OAB patients responded to another questionnaire to characterize the sample. For the continual variables, the information collected was expressed in average and standard deviation and for the categorical variables the information was expressed in percentages and frequency.

Results

A total of 202 patients were contacted, of whom 6 participants were excluded for not agreeing to participate and 5 were excluded because they did not reside in the DF. 190 elderly considered eligible for the study. Of this group, 156 women (77.22%) complained of overactive bladder with OAB-V8 score ≥ 8 and 34 (16.83%) had score less than 8 points.

The socio-demographic characteristics are shown in Tables 1 and 2.

Table 1. Socio-demographic characteristics

	OAB ≥ 8 n= 156 (77.22%)	
	Average	Standard Deviation
OAB-V8 (point)	21.65	6.43
Age (years)	68.31	6.91
BMI (kg/m ²)	28.02	4.80
Pregnancies	5.22	3.39
Abortions	0.73	1.16
Vaginal Births	4.03	2.96

BMI: Body Mass Index

Table 2. Socio-demographic characteristics

Variable	Number	Percent
Race	-	-
White	61	39.1
Black	12	7.69
Yellow	32	20.15
Brunette	34	21.79
Mulatto	17	10.89
Education	-	-
Illiterate	27	17.30
Primary school or less	77	49.35
Primary school complete	32	20.51
Secondary/high school incomplete	10	6.41
Secondary/high school complete	5	3.20
College incomplete	1	0.64
College complete	4	2.56
Current marital status	-	-
Married	56	35.89
Widowed	49	31.41
Single	23	14.74
Divorced/separated	28	17.94
Family Income	-	-
1-2 minimum wages	125	80.12
3-4 minimum wages	28	17.94
≥ 4 minimum wage	3	1.92
Physical Activity	-	-
sedentary	63	40.38
Active (minimum 2x/week)	93	59.61

Abdominal surgery and/or	-	-
urogynecological	128	82.69
Fecal Incontinence	30	19.23
Constipation	37	23.71
Diabetes	33	21.15
Hypertension	117	75
Neurological Disease	8	5.12
Stress Urinary Incontinence	127	81.41
Smoker	7	4.48
Ex-smoker	10	6.41
Urinary Tract Infection	15	9.61

Interpretation of results

The occurrence of OAB was 77.22% for elderly women with the score of 21.63 ± 6.43 average and most multiparous overweight. 39.89% reported they were white, 49.35% had attended primary school or less, 35.89% were married, 80.12% had low family income, 82.69% had already done some abdominal-pelvic surgery, 75% were hypertensive, 81.41% reported urinary incontinence associated with OAB.

Concluding message

OAB is highly prevalent in older women in Distrito Federal, Brazil and the OAB prevalence has been overestimated in many earlier studies, showing the need to understand the natural history of urinary symptoms knowing the complaints of the population.

References

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Disclosures

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