

A CROSS-SECTIONAL STUDY ABOUT THE PREVALENCE OF URINARY SYMPTOMS IN A SPANISH HEALTHY FEMALE POSTMENOPAUSAL POPULATION AND THE CORRELATION OF THEIR SEVERITY AND TYPE WITH THE WOMEN DESIRE OF EVALUATION AND TREATMENT

Hypothesis / aims of study

Although urinary incontinence is very common among women and studies about its prevalence are numerous (1), there are scant data about it and associated symptoms in healthy population. Moreover, there are even less data about type of incontinence, use of health resources or percentage of patients in follow up and treatment after diagnosis. We present a cross-sectional study carried out from March 2012 to February 2015. Our main objective was to identify the prevalence of urinary symptoms in a Spanish healthy female postmenopausal population. Secondary objectives were: description of severity and type of urinary incontinence and their relationship with women's desire of evaluation.

Study design, materials and methods

In our study, after Ethical approval, we estimated that we needed a sample of, at least, 282 women to calculate the prevalence and distribution of urinary symptoms of incontinence assuming a prevalence of symptoms of 20% with a confidence interval of 95%, and a margin of error of 5%. The total population of postmenopausal women in the region of Madrid is, at least, 250.000 people. We have performed randomized telephonic interviews concerning urinary symptoms and remarkable personal history and a suspected diagnosis was made (**Table 1**). In every symptomatic patient an hospital-based evaluation was offered in order to confirm the diagnosis and treat it if needed. Those in site evaluations were performed by a urogynecologist. Statistical analysis was performed using STATA-64 system.

URINARY INCONTINENCE TYPE	FREQUENCY (%)
SUI grade I-II*	80.22
OAB	56.04
UUI	27.47
MUI(mainly IUE)	9.89
MUI (mainly IUU)	9.89
SUI grade III*	1.10

SUI: stress urinary incontinence; OAB: overactive bladder, UUI: urgency urinary incontinence, MUI: mixed urinary incontinence

*According to Ingelman-Sundberg's classification (2)

Results

We interviewed 354 patients from March 2012 to February 2015. Of them, 91 (25.71%) were symptomatic, the most common detected type of urinary incontinence was mild-to-moderate stress urinary incontinence (SUI; 73 patients; 80.22%).

Among symptomatic patients, only 26 (28.57%) accepted the offered visit. The most common type of urinary incontinence among those patients was also the low-to-moderate stress type (23; 88.46%).

When sorted by age, the most common type of urinary incontinence in every group, among symptomatic patients, was low-to-moderate SUI. Low-to-moderate SUI (15; 83.33%) and urgency incontinence (UI; 7; 38.89%) were more frequently diagnosed in patients aged 55 to 59, and mixed urinary incontinence (MUI; 2; 12.50%) and overactive bladder (OAB; 10; 62.50%) in patients from 60 to 64 years.

Attending to symptoms severity, evaluated with Sandvik and ICIQ-SF tests, the majority of patients (51; 56.04%) presented mild symptoms (category 1, **Figure 1**). The global medium ICIQ-SF result was 7.7 (SD 4; range 0-18).

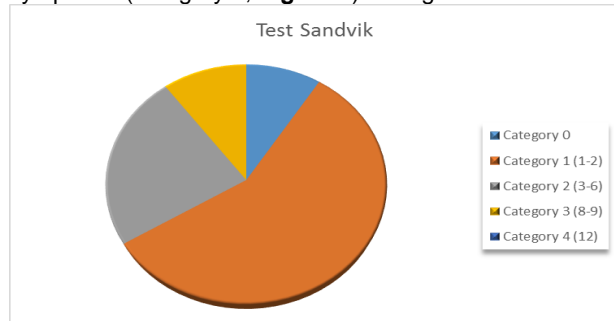


Figure 1. Sandvik test scores among symptomatic patients.

Comparing both tests according to patients' on-site examination, they both were significantly higher in patients who agreed to be followed up (**Table 2**)

Table 2. Sandvik and ICIQ-SF scores among patients who attend or did not attend the hospital-based visit

	Patients who did not attend the hospital-based visit (n= 26)			ASSIST Patients who attend the hospital-based visit (n=65)			p
	Mean	SD	Rank	Mean	SD	Rank	
Sandvik	2	1.47	0 - 8	4.46	2.49	1 – 8	< 0.001
ICIQ	6.42	3.09	0 - 16	11.12	4.17	3 - 18	< 0.001

Interpretation of results

Despite the difficulty in determining the real prevalence of urinary incontinence in women, our study reveals that the most frequent urinary incontinence type in healthy postmenopausal Spanish women is the mild-to-moderate SUI, which affects to more than one in four women those results being consistent with the ones in current literature.

Even though urinary symptoms have a high prevalence in general population of women, according to our study only 1 of each 4 agreed in performing an in depth evaluation. In fact, consulting patients show a significantly higher severity of symptoms.

Concluding message

Mild-to-moderate stress urinary incontinence is the most common type of urinary incontinence, regardless of age and patients' wish of medical evaluation. Severe degrees of urinary incontinence and their adverse impact on patients' quality of life strongly influence the frequency of consultation.

References

1. Nitti V. Prevalence of urinary incontinence. Rev Urol 2001; 3 (Supl 1): S2-S6
2. Ingelman-Sundberg A, Ulmsten U. Surgical treatment of female stress incontinence. Contrib Gynecol Obstet 1983; 10: 51–69.

Disclosures

Funding: None **Clinical Trial:** No **Subjects:** HUMAN **Ethics Committee:** Ethical Committee of Clinical Investigation. Hospital Universitario 12 de Octubre. Madrid. Spain **Helsinki:** Yes **Informed Consent:** No