

## THE QUALITY OF SEXUAL LIFE IN WOMEN WITH PELVIC ORGAN PROLAPSE AND STRESS URINARY INCONTINENCE IN POLAND.

### Hypothesis / aims of study

The aim of the study was to assess the quality of sexual life in women with pelvic organ prolapse (POP) and urodynamic stress urinary incontinence; the comparison of the sexual function in women with different grades of stress urinary incontinence (SUI) and with the control group. Additionally, the quality of sexual functioning was assessed regarding coital incontinence.

### Study design, materials and methods

During a cross-sectional study a total of 420 women with urinary incontinence were interviewed according to the adopted scheme and underwent urogynecologic and urodynamic examination according to the standards of the *International Continence Society*. All participants were classified according to the Stamey severity scale of urinary incontinence. The degree of prolapse was assessed using the pelvic organ prolapse quantification (POP-Q). Sexually active women were asked to complete the Pelvic Organ Prolapse/Urinary Incontinence Sexual Function Questionnaire (PISQ) that evaluates the quality of life and sexual function in women with stress urinary incontinence and /or pelvic organ prolapse. The control group was made up of 126 sexually functioning women without the urinary incontinence, who had never had any surgery due to the urinary incontinence or the pelvic organ prolapse, and whose gynecological examination did not show any pelvic floor disorders. They were all the patients of the gynecological and obstetric ambulatory.

### Results

Out of 420 women with urinary incontinence 123 sexually active women with SUI and POP were recruited for the study. The participants were classified according to the Stamey severity scale and divided into grades: 1 – 46 (37.4%), 2 - 57 (46.3%), and 3 – 20 (16.3%). The pelvic organ prolapse assessment revealed stage I POP-Q in 17 (13%) patients, II - 98 (79.7%), III - 8 (6.5%), IV – none.

The quality of sexual functioning estimated on the basis of the questionnaire PISQ in the examined group with SUI and POP was significantly lower than in the comparison group, the average score was  $83.28 \pm 14.9$  vs.  $93.04 \pm 10.5$ . The quality of sexual functioning was significantly lower for the particular stages of prolapse estimated according to the POP-Q with the control group, the average scores of the PISQ in the study group are presented in Table 1 and Table 2.

In the control group the results for the PISQ domains: emotive-behavioral, physical and partner-related were as follows:  $36.6 \pm 7.6$ ,  $37.4 \pm 3.5$ ,  $19.3 \pm 2.7$ .

The analysis of the sexual function in particular grades of SUI shows that compared to the control group the patients suffering from the SUI of the 2 and 3 grade proved significantly lower quality of sexual functioning in the whole analysis of the PISQ ( $93.04 \pm 10.5$  vs.  $80.4 \pm 13.7$ ,  $85.9 \pm 11.3$ ). However, in the 1 grade of SUI the significant domain was only physical ( $37.4 \pm 3.5$  vs.  $33.35 \pm 6.4$ ). In all the grades of SUI and POP there has been a significantly lower quality of sexual functioning in the physical factor when compared to the control group.

66.4% of women with stress urinary incontinence and pelvic organ prolapsed has urinary incontinence during intercourse. Much lower quality of sexual functioning in the physical domain was proved in their cases ( $29.0 \pm 6.7$  vs.  $34.7 \pm 4.7$ ).

Table 1 Mean value of the PISQ in women with SUI and POP in particular grades of SUI

PISQ domains	Grades of SUI			p value for of the Mann-Whitney U test
	1 (n = 46)*	2 (n = 57)*	3 (n = 20)*	
behavioral- emotive	$34.25 \pm 12.5$	$32.4 \pm 8.9$	$35.86 \pm 9.5$	>0.05
physical	$33.35 \pm 6.4$	$30.75 \pm 6.5$	$31.6 \pm 5.6$	<b>0.013†</b>
partner-related	$18.7 \pm 2.9$	$17.3 \pm 3.3$	$18.4 \pm 2.7$	<b>0.013†</b>
Total	$82.3 \pm 16.8$	$80.4 \pm 13.7$	$85.9 \pm 11.3$	<b>0.033†</b>

\* mean  $\pm$  SD

† SUI 1 grade versus SUI 2 grade

Table 2 Mean value of the PISQ in women with SUI and POP in particular grades of POP-Q

PISQ domains	Stages of POP-Q			p value for of the Mann-Whitney U test
	I (n = 17)*	II (n = 98)*	III (n = 8)*	
behavioral- emotive	$31.3 \pm 10.3$	$34.5 \pm 10.5$	$28.25 \pm 11.8$	>0.05
physical	$29.3 \pm 7.1$	$32.1 \pm 6.1$	$30.75 \pm 8.6$	>0.05
partner-related	$16.6 \pm 4.3$	$18.4 \pm 2.7$	$16.0 \pm 4.6$	>0.05
Total	$77.3 \pm 14.8$	$85.0 \pm 14.4$	$75.0 \pm 16.9$	<b>0.039†</b>

\* mean  $\pm$  SD

† POP-Q I stage versus POP-Q II stage

### Interpretation of results

Stress urinary incontinence and the pelvic floor disorders have got a significant influence on the quality of women's sexual functioning. In case of the patients suffering from the pelvic organ prolapse, the SUI of the 1 grade is connected with the better quality of sexual functioning when compared to the 2 grade. The quality of sexual functioning of women suffering from the stress urinary incontinence is lower in the I stage of the pelvic organ prolapse than in case of the II stage according to the POP-Q.

The problem of urinary incontinence during the intercourse applies to 66,4% of women, and it rises with the stage of the stress urinary incontinence. It is strictly connected with the lower quality the sexual functioning, mainly in the area of the physical area of sexual activity.

Concluding message

Physicians should take into account not only the negative influence of SUI and POP on sexual life of women but should also differentiate women with particular stages of SUI and POP and analyse sexual function of those patients.

Disclosures

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