

AWARENESS AMONG SAUDI WOMEN ABOUT RELATIONSHIP BETWEEN OBESITY AND URINARY INCONTINENCE.

Hypothesis / aims of study

To evaluate awareness among Saudi women about relationship between obesity and urinary incontinence.

Study design, materials and methods

A cross-sectional, observational studies was conducted. Three hundred females from the general population, aged 35-65 years with body mass index (BMI) > 30 without previous surgery for incontinence, previous radiotherapy and no neurologic disorder were enrolled. IRB was approved. Confidentiality and privacy of females was maintained. All ladies were given three questionnaires, UDI-6, IIQ-7 and survey about awareness of relationship between obesity and UI. Surveys response collected. age, BMI, UDI-6 and IIQ-7 scores were calculated. Frequency and percentages of awareness were recorded. Numerical data analysed via t-test.

Results

Out of 300, 273 ladies responded. Mean age was 51 years & mean BMI was 36.5. Mean UDI-6 score (out of 100) was 44.97 & mean IIQ-7 score was 43.36. 24.81% ladies were aware of relationship b/w obesity and UI, 32.69% denied this and 42.49% were not sure about this. In comparison, regarding the awareness of relationship between obesity & chronic medical illnesses, 28.51% females were aware of this, 45.51% denied it and 29.97% were not sure of it.

Interpretation of results

Majority of ladies are aware of relationship of obesity and chronic illnesses , but only few are aware that obesity is a risk factor for urinary incontinence is females.

Concluding message

Although obesity is well linked with urinary incontinence as a risk factor, only a minority of women is aware of obesity as a risk factor for urinary incontinence. Increasing this awareness through health education programs among population may improve urinary incontinence prevalence.

Disclosures

Funding: No funding/grant **Clinical Trial:** No **Subjects:** HUMAN **Ethics Committee:** Institutional Review Board (IRB) **Helsinki:** Yes **Informed Consent:** Yes