

COMPARISON ANAL AND URINARY INCONTINENCE IN POST-MENOPAUSAL WOMEN WITH AND WITHOUT PELVIC ORGAN PROLAPSE

Hypothesis / aims of study

The aim of this study is, to comparison anal and urinary incontineny in postmenopausal women with and without pelvic organ prolaps.

Study design, materials and methods

This cross-sectional study was done on 340 women aged 45-60 years in Tabriz, Northwest Iran, during 2016. Data were collected using a demographic data questionnaire and Pelvic Floor Distress Inventory Short form (PFDI-20). For determine pelvic organ prolapse, women were examined in dorsal lithotomy position, during Valsalva maneuverer and using simplified pelvic organ prolapse quantification (S-POPQ)(1). The protocol of the study was approved by the Ethics Committee of Tabriz University of Medical Sciences (No: 5/4/4976). Sampling was done in two phases, so that 29 healthcare centers in the city were coded and one third of the centers were selected randomly. Then in the second phase, eligible women were identified and selected randomly using the family records in each center. We included women aged 45-60 years with physiological menopause. Women with urinary infection in mid-stream urine were excluded.

Results

Demographic characteristics of participants was summarized in table 1. Table 2 shows predictors of incontineny within the participants respectively.

Interpretation of results

POP grade II or III was one of predictors of anal and urinary incontineny. More over regular exercise and night sweets were predictors of stress and mix incontineny. Findings in this study were in line of other studies (2,3)

Table 1: Demographic characteristics of the participants (n=340)

Variables	Frequency (%)
Age (year) (mean±SD)	54.3±4.0
Duration of menopause (month)	25(6.1)
systolic blood pressure (mmHg)	12.1(18.3)
Body mass index (mean±SD)	28.4±8.7
Last delivery type	
Vaginal with episiotomy	68(20)
Vaginal without episiotomy	203(59.7)
Caesarean	63(18.6)
Varicose disease	141(41.8)
haemorrhoid	78(22.9)
Night sweats	166(48.8)
Hot flashes	235(69.1)
Exercise status	
Regular exercise (150 minutes per week)	26(7.6)
Irregular exercise (less than 150 minutes per week)	72(21.1)
Grade II or III prolapse	
Anterior	158(46.5)
Middle	108(31.8)
Posterior	46(13.5)

Table 2. Multivariate analysis of risk factors significantly associated with anal and urinary incontinence

Incontinency	Variable	P	OR(95%CI)
Anal	Proplaps grade II/III	0.001	2.5(1.1-5.5)
Stress	Proplaps grade II/III	0.016	2.4(1.1-4.4)
	Regular exercise	0.012	0.4(0.2-0.8)
Urge	-	-	-
Mix	Proplaps grade II/III	<0.001	5.9(3.3-10.8)
	Night sweet		3.2(1.9-5.6)

Concluding message

The prevalence of POP was quite high in this study. As POP one of the robust predictor in anal and urinary stress/ mixed incontinence, all women diagnosed with pop under gynecologic examination should be assessed according to urinary and anal incontinency.

References

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Disclosures

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