

SEXUAL LIFE QUALITY OF OVERACTIVE BLADDER SYNDROME IN KOREAN YOUNG AND MIDDLE AGED WOMEN

Aims of Study

Urologic symptoms affect daily life, sexual activity and their quality. However, little is known about the influence of various lower urinary tract symptoms of urinary incontinence (UI), overactive bladder (OAB) syndrome in Korean young and middle aged women's sexual life. This study aimed to evaluate the effect of UI and OAB syndrome on their sexual activity and sexual life quality.

Methods

We investigated 3,372 women aged between 20 to 49 years old. They enrolled through our multi-center internet survey. A standardized questionnaire was used to collect data about their voiding symptoms and sexual activities. Twenty three questions about past medical history, parity, lower urinary tract symptoms, sexual activities and sexual life qualities were included in the questionnaire. OAB syndrome was defined by International Continence Society (ICS) definition; having urinary symptoms of frequency and urgency, with or without urge incontinence.

Results

The prevalence of UI and OAB syndrome in 3,372 women was 21.0% and 12.7%, respectively. Mean age was 26.4 ± 4.8 years old and 79.5% of subjects were between 20 to 29 years old. 19.2% of subjects have experienced urge incontinence. Disturbance of sexual life showed significant correlation with age, history of urinary tract infection, presence of incontinence and OAB syndrome ($p < 0.01$). Having urinary incontinence or OAB syndrome were significant predictors of sexual life disturbance (UI ; OR=4.16, OAB;OR=5.08). When comparing life quality in UI and OAB syndrome group with asymptomatic group, the degree of disturbance in UI group was 2.9 fold and OAB syndrome group was 11 fold higher than asymptomatic group. Sexual activities also significantly deteriorated in UI (3.9) and OAB syndrome (4.8) group comparing with asymptomatic group.

Table. Logistic regression analysis of sexual disturbance

Model	OR	95% CI	P value
Age group (reference = 20 – 29 years)	1.03	0.65 – 1.62	0.91
30 – 39 years	1.62	0.66 – 3.96	0.29
40 – 49 years			
Occupation (reference = no)	3.41	0.45 – 25.91	0.24
Office work	2.88	0.37 – 22.69	0.31
Housewife	3.40	0.44 – 26.21	0.24
Student	3.47	0.46 – 26.26	0.23
Others	1.04	0.74 – 1.46	0.83
Residence (reference = rural)	2.71	1.93 – 3.79	<0.01
History of UTI (reference = no)	1.12	0.66 – 1.90	0.68
Parity (reference = no)	2.77	1.98 – 3.87	<0.01
Urinary incontinence (reference =	3.37	2.37 – 4.78	<0.01

Conclusions

This study is the first internet based study concerning about sexual life quality in UI and OAB syndrome. In this study, OAB syndrome deteriorated sexual life more than UI. These results suggest that those symptoms cause significant damage to women's personal and social lives and quality of lives.