

URINARY INCONTINENCE, MENOPAUSE SYMPTOMS AND RELATED FACTORS IN MIDDLE-AGED WOMEN ASSESSED WITH MENOPAUSE RATING SCALE (MRS) AND THE INTERNATIONAL CONSULTATION ON INCONTINENCE QUESTIONNAIRE SHORT FORM (ICIQ-SF)*



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Objective: to analyze the data base from a middle-aged Colombian woman cohort focusing on urinary incontinence, menopausal symptoms and socio-demographic variables

DESIGN: Cross-sectional study in which 605 middle-aged Colombian women filled out the MRS, the ICIQ-SF and a questionnaire about socio-demographic data. A correlation between the items of the two scales and socio-demographic data was established.

SOCIODEMOGRAPHIC DATA	RESULTS n = 605
MEDIAN AGE	47 years
WITH SEXUAL PARTNER	562 (92.9%)
ETNHICITY	Indigenous: 21 (3.5%)
	Black: 25 (4.1%)
	Mestizo: 559 (92.4%)
PARITY ≥ 3	355 (58.7%)
MENOPAUSAL STATUS	Premenopausal: 159 (26.3%)
	Perimenopausal: 99 (16.4%)
	Postmenopausal: 347 (57.4%)
SURGERY	Hysterectomy : 209 (34.5%)
	Bilateral oophorectomy: 78 (12.9%)
	Episiotomy: 498 (82.3%)
SYMPTOMS	Tear: 36 (6.0%)
	Urinary incontinence 100 (16.5%)
MRS ≥ 17	338 (55.9%)

MRS: TOTAL					
FACTORS	B Coefficient	Standard Error	95% CI	t	p
URINARY INCONTINENCE	0.211	0.074	0.065 to 0.357	2.837	0.005

$r^2 = 0.020$; r^2 adjusted=0.018. $p=0.05$

ICIQ-SF					
FACTORS	B Coefficient	Standard Error	95% CI	t	p
ISOLATION TEST	-1.936	0.843	-3.592 to -0.280	2.297	0.022

$r^2 = 0.010$; r^2 adjusted=0.008. $p=0.022$

CONCLUSION: When assessing with the ICIQ-SF, urinary incontinence of this middle-aged sample was related with parity, menopausal status, hormone therapy and worse quality of life.

