

## **Effect of Deep Breathing and Kegel Exercises on Stress Urinary Incontinence among Elderly Women**

History: Stress urinary incontinence is regarded as the most prevalent and upsetting health issue affecting older people, particularly older women, and is linked to a severe negative impact on life. To assess the impact of kegel exercises and deep breathing on urinary incontinence in elder women. A quasi-experimental study approach was applied (one group pre and post-test). Gynecological and urological outpatient clinics at Beni-Suef university hospital served as the study's location. 100 menopausal women who had been diagnosed with stress incontinence and were admitted to the setting stated before served as a purposeful sample. Tool I a structure interviewing questionnaire schedule.2) The International Consultation on Incontinence Modular Questionnaire .3) a list of steps for kegel exercise. There were highly statistically significant differences in the frequency of urinary incontinence (p-value 0.000) and amount of urine loss (p-value 0.004) among the studied women before and after doing deep breathing and Kegel exercises. There were also highly statistically significant improvements in the studied women's physical and psychological conditions (p-value 0.000) after intervention than pre-intervention. Kegel exercises and deep breathing improved physical and psychological circumstances as well as the ability to "do everyday tasks without stress, feel confident, and be fulfilled in a sexual relationship." Suggestions: Creating an awareness program on the significance and advantages of deep breathing and kegel exercises to ease the symptoms of stress urine incontinence in older women.

**Key words:** Deep breathing; Elderly women; Kegel exercise; Stress urinary incontinence