**Effect Of Urinary Incontinence On Women's Physical Condition**

### Abstract

**Background:** Urinary incontinence, in whichever forms, intensively affects the QOL of women. The symptoms are perceived as a poor health which ultimately affects the holistic well-being.

**Aim of the study:** Assess correlation urinary incontinence among elderly women and their physical condition.

**Subject and Methods:** A Purposive sample was used from the above-mentioned setting. Total sample was 100 women who attended to gynecological and urological outpatient clinics at Beni-Suef University Hospital.

**Tools:** (1): A structured interviewing questionnaire sheet. It was consisting of two parts: The first part: included personal characteristics data of the study women. The second part: included obstetrics history. (2): The International Consultation on Incontinence Modular Questionnaire ICIQ- SF.

**Results:** the mean age of the studied sample was 54.23±2.87, and 71% were from rural areas, 66% delivered spontaneous vaginally, and 25% delivered vaginally with episiotomy. It indicates that 45% of the studied women reported urine leakage several times a day, while 30% leak two or three times a week.

**Conclusion**: Urinary incontinence had positive effect on physical conditions “daily activities as shopping, cooking, cleaning, and practicing any type of sport”.

**Recommendations:** Application of an education program regarding healthful practices to avoid urinary incontinence among elderly women

**Key word:** Urinary Incontinence, Physical Condition