Effect of Body Mass Index on Urinary Incontinence Among Menopausal Women

Abstract

Background: World Health Organization (WHO) mentioned that around 200 million people worldwide experience urinary incontinence. Aim of the study: The study was conducted to assess level of obesity and its relation with urinary incontinence among elderly women. Design: A descriptive study design was utilized in this study. Sample: A purposive sample was selected and this study was performed on 100 Menopausal women diagnosed with stress urinary incontinence. Setting: gynecological and urological outpatient clinics Beni-Suef university hospital. Tools: Data was collected using a structure interviewing questionnaire schedule. Results: About two-thirds (72%) of the studied women were obese while one-quarter (24%) of them was overweight. Around one-third (32%) of the studied women began to suffer from stress urinary incontinence from 3-4 years. As well as, more than a half (52%) of them suffered from daily stress urinary incontinence. Conclusion: A statistical significant association between BMI and frequency of urinary incontinence among the studied sample was found. Recommendations: Application of an education program regarding healthful nutrition and optimal body weight to avoid urinary incontinence among elderly women

Key words: body mass index; urinary incontinence