

# Urinary Incontinence among Northern Upper Egyptian Menopausal Elderly Women

## Abstract

**Background:** Urinary incontinence occurs when there is dysfunction in either the storage function or occasionally, in the emptying function of the lower urinary tract. Types of urinary incontinence, based on etiology and pathophysiology, urinary incontinence is classified into three types: Stress Urinary Incontinence, Urge Urinary Incontinence, and Mixed Urinary Incontinence.

**Aim of the study:** The study was conducted to assess urinary incontinence related factors 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:** It reveals that 72% of the study sample was obese, 70% got pregnant and delivered more than three times while 56% of them aborted from 1-3 times, about 66% of them delivered spontaneous vaginally, while about 29% delivered by cesarean section. It indicates that 56% of the study sample has no regular frequency of urination; 53% of them experienced stress urinary incontinence during day and night, 38% lost splashes amount of urine, while 27% lost large amount of urine per once.

**Conclusion:** Statistically significant association between BMI, number of gravid, and number of parity and frequency of urinary incontinence among the studied sample were found.

**Recommendations:** Application of health education program for measurement of management of urinary incontinence among elderly women

**Key words:** urinary incontinence; menopausal elderly women; obesity

