

## **URINARY INCONTINENCE DURING SEX IN WOMEN WITH PELVIC FLOOR DISORDERS AND WITHOUT IT**

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### **AIMS OF STUDY:**

The aim of this study is comparing urinary incontinence related with sexual function in women with pelvic floor disorders (PFD) and women without this pathology through the questionnaire score with PISQ-12 test. We do special emphasis in question number 6 and 7 that asks about incontinence having sex and if fear to incontinence makes them restrain sex activity.

### **MATERIAL AND METHODS:**

Study group:

We performed the test PISQ-12 to 104 cases during the first visits of the pelvic floor refers in a Regional Hospital in 2010. The mean age was 53.47years (range 27-77 years).

Inclusion criteria:

- Having a pelvic floor disorder.
- Sexually active.
- No previous gynecological surgery.

Control group:

We obtained 104 controls randomly interrogating primary care patients in the gynecological consult whose average age was 52, 95 years (range 35-78 years).

Exclusion criteria:

- Having a pelvic floor disorder.
- Previous utero vaginal surgery.

The ages of the two groups are comparable because the differences are not statistically significant ( $p>0.05$ ).

## RESULTS

The average result of the questionnaire PISQ-12 was 32.37 in the case group and 37, 36 in the control group. Statistically significant differences were found between groups using t-test for independent samples ( $p < 0.005$ ).

Regarding question 6 and 7, patients with PFD has obtained a median of 3.18 and 3.35 while the control patients obtained 3.77 and 3.66 respectively. Statistically significant differences were found between groups using t-test for independent samples ( $p < 0.005$ ).

	cases	control
6. IU having sex always	1,9%	0%
6. IU having sex frequently	10,6%	2,91%
6. IU having sex sometimes	16,4%	6,8%
6. IU having sex rarely	8,7%	11,7%
6. Never IU having sex	62,5%	78,6%

	cases	control
7. Fear to IU restrain sex activity always	2,9%	0%
7. Fear to IU restrain sex activity frequently	2,9%	1,9%
7. Fear to IU restrain sex activity sometimes	16,3%	3,9%
7. Fear to IU restrain sex activity rarely	12,5%	9,7%
7. Never fear to IU restrain sex activity	66,3%	84,5%

### INTERPRETATION OF RESULTS:

Urinary incontinence in sex is obviously worse in women with PFD, but is also present in women of the general population, occurring "rarely" or more in 21.4% and occasionally restricting their sexual activity at least "rarely" in 15% of them. In cases, the IU during sex is at least 37.5% and in 34.6% of them restricts sexual activity.

### CONCLUDING MESSAGE:

Patients with pelvic floor disorders reported a worse sexual function than women who do not have this type of pathology. About urinary incontinence, women with PFD suffer more incontinence during sex than women who don't have, but not negligible. We have to ask specifically about urinary incontinence in sex to all women.

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