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Prevalence of Urinary Incontinence in the General Population: A Cross-Sectional Study

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Urinary incontinence (UI) is a common problem that affects millions of people worldwide, regardless of age, gender, and race. UI is defined as the involuntary loss of urine that is a social or hygienic problem. UI can have a significant impact on quality of life, including decreased physical and social functioning, depression, and reduced overall well-being. Despite its high prevalence, UI is often under-reported and under-treated. The purpose of this study is to determine the prevalence of UI in the general population and to identify risk factors associated with the development of UI.

Background: UI is a prevalent condition that affects people of all ages, but it is more common in older adults. UI is caused by various factors such as aging, pregnancy, childbirth, obesity, chronic diseases such as diabetes, and lifestyle factors such as smoking and physical inactivity. UI can be classified into four main types: stress incontinence, urge incontinence, mixed incontinence, and overflow incontinence. Understanding the prevalence and types of UI in the general population will help to identify the population at risk, and to develop targeted interventions to prevent and manage UI.

Methods: This will be a cross-sectional study using a random sample of participants above 18 years of age. Participants will be aware of the community through flyers and education. Participants will complete a validated questionnaire International conference on incontinence ICIQ to assess the presence and type of UI, as well as demographic and lifestyle factors, for demographics details we have the specific questionnaire. Data will be analyzed using descriptive statistics and chi-squared tests to determine the prevalence of UI and identify risk factors associated with UI.

Expected Results: We expect to find a high prevalence of UI in the general population, with a higher prevalence in older adults. We also expect to identify risk factors associated with UI, including age, gender, obesity, and lifestyle factors such as smoking and physical inactivity.

Biography

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