

Urinary incontinence in nulliparous women: results from a nationwide sample

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Introduction

- ❖ Urinary incontinence (UI) is a prevalent condition that affects women's quality of life
- ❖ Pregnancy and childbirth are known risk factors associated with UI
- ❖ Less is known regarding rates of UI in nulliparous women

Objective

- ❖ To evaluate patient-reported UI outcomes in nulliparous women in the US

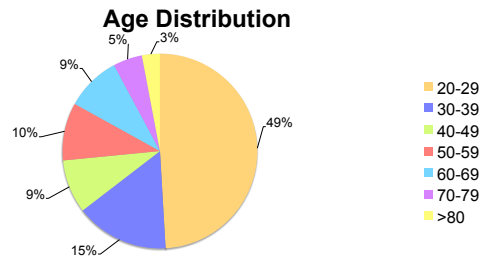
Methods

- ❖ The NHANES database was queried for all women during the years 2007-2014
- ❖ Only women reporting never having been pregnant were included in analysis
- ❖ Multivariable logistic regression was performed for each incontinence type to identify factors associated with increased incontinence, using the following variables: age, BMI, menopausal status, hysterectomy, oophorectomy



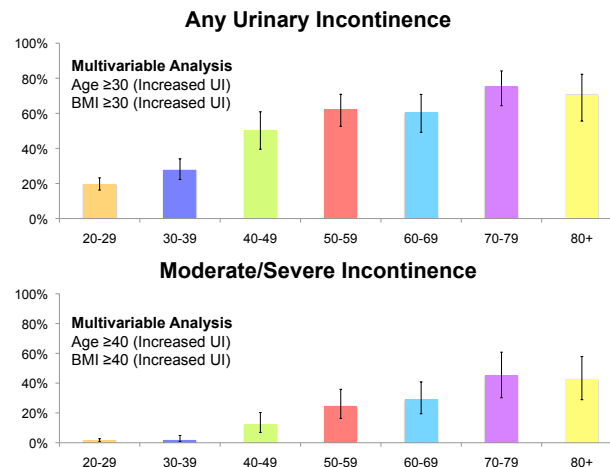
Results

- ❖ 1,575 patients available for analysis

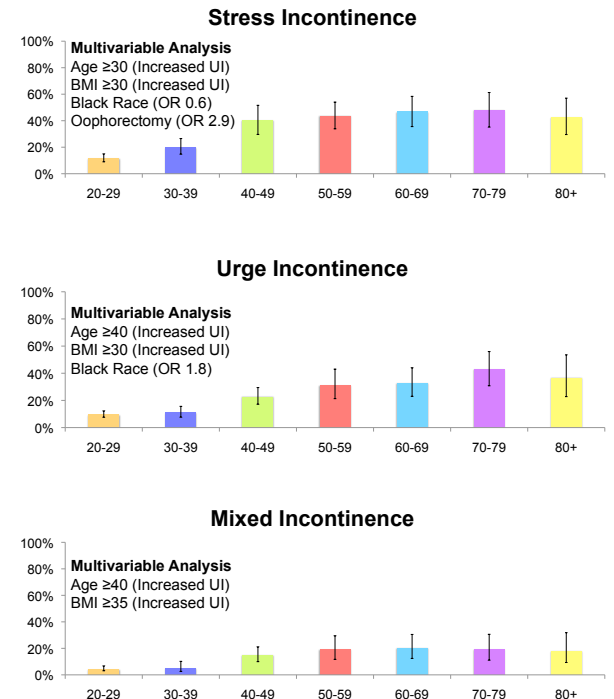


| | Estimated Prevalence | 95% CI |
|--------------------|----------------------|-----------|
| Any UI | 34.6% | 31.6-37.6 |
| Moderate/Severe UI | 9.3% | 7.6-11.3 |
| Stress UI | 23.8% | 21.0-26.9 |
| Urge UI | 17.0% | 15.1-19.1 |
| Mixed UI | 9.2% | 7.6-11.0 |

Table 1. Estimated weight prevalence of urinary incontinence in nulliparous women



Results



Conclusions

- ❖ Rates of UI are high amongst nulliparous women in the US
- ❖ UI is largely driven by age and BMI in nulliparous women
- ❖ Black race associated with lower rates of stress incontinence but higher rates of urge incontinence