Urinary incontinence in nulliparous women: results from a nationwide sample

Michael Daugherty MD, Timothy Byler, MD, Natasha Ginzburg MD
Department of Urology, SUNY Upstate Medical University, Syracuse, NY

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

<table>
<thead>
<tr>
<th>Estimated Prevalence</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any UI</td>
<td>34.6%</td>
</tr>
<tr>
<td>Moderate/Severe UI</td>
<td>9.3%</td>
</tr>
<tr>
<td>Stress UI</td>
<td>23.8%</td>
</tr>
<tr>
<td>Urge UI</td>
<td>17.0%</td>
</tr>
<tr>
<td>Mixed UI</td>
<td>9.2%</td>
</tr>
</tbody>
</table>

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

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