

Prevalence and risk factors for urinary incontinence among women with diabetes in Taif city, Saudi Arabia

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Background

Urinary incontinence is a detected complication of diabetes mellitus. Studies about UI among diabetic women in Saudi Arabia are limited. The aim of this study was to assess the prevalence of UI in women with diabetes in Taif city, Saudi Arabia and to determine its risk factors.

METHODS

A cross-sectional study was done on 398 diabetic women who attended the diabetes clinic at Prince Mansour Military Hospital, Taif city, Saudi Arabia. A checklist was used gathering data about socio-demographic characteristics, type and duration of diabetes, chronic diseases, parity, BMI, presence of neuropathy, retinopathy and nephropathy, level of HbA1c and fasting blood glucose (FBG).

RESULTS

The prevalence of UI was 34%. In the last four weeks, 48.9%, 25.9%, 6.7%, 12.6% and 34.1% of studied women had frequent urination, urine leakage drops, difficulty in urinating or emptying, pain or discomfort in lower abdomen, leakage related to urgency, and leakage related to physical activity, respectively. Among them, 11.1%, 11.9%, 12.6%, 19.3%, 15.6%, 19.3%, and 20.7% suffered effects of UI on the ability to do household chores, physical recreation, entertaining activities, ability to travel in car or bus more than 30 minutes, participation in social activities outside, emotional health, and feeling frustrated, respectively. Participants with an age ≥ 50 year, and having DM type 2, UTI, Ovarian cyst, and neuropathy higher levels of HbA1 and FBG, had a significantly higher percentage of those having UI. Participants' older age and high HbA1c level were independent predictors for UI.

CONCLUSIONS

There is a need for educating diabetic women about UI and methods of management.

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