

URINARY INCONTINENCE IN CLIMACTERIC AFRODESCENDANT WOMEN FROM THE COLOMBIAN CARIBBEAN

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Urinary incontinence (UI) is a serious health problem in women. The International Urogynecological Association Continence Society define UI as the discomfort produced by any involuntary loss of urine through the urethra

Objective: To assess the prevalence of urinary incontinence (UI) and to identify related factors in Afro-descendant Colombian women

Methodology: A cross-sectional study was carried out as a part of the CAVIMEC (Calidad de Vida en la Menopausia y Etnias Colombianas) project. A study was carried out involving 40-59-year-old women from the Colombian Caribbean. Socio-demographic characteristics were recorded and the International Consultation on Incontinence Questionnaire Short-Form (ICIQ-SF) and the 10-item Cervantes Scale were applied to identify UI and genitourinary symptoms, respectively. The last Colombian population census, carried out in 2005, established that 4,347,590 women were aged 40-59; 382,588 (8,8%) belonged to black, mulato, Afro-Colombian or racial ethnic groups, denominated Afro-descendants in this study. Some 11,3% of that community lives in the Caribbean region, thus, 43,232 women were considered. A sample size of 371 women was calculated with a 50% degree of heterogeneity, 5% error, and a confidence level of 95%; a supplementary 10% was considered to compensate the refusals and another additional 10% to compensate for incorrectly fulfilled forms. Therefore, the initial survey included 448 women.

n = 370	Me [Rank]
Age, Years	49,0 [10,0]
Children	4,0 [2,0]
Body Mass Index	27,2 [8,5]
Waist-hip ration	0,91 [0,07]
	n (%)
40-49 years	204 (55,2%)
50-59 (years)	166 (44,8)
Less than 11 level education	353 (95,4)
Abdominal obesity	248 (67,3)
Sedentary behavior	13 (3,5)
Coffee consumption	252 (68,2)
Diabetes mellitus	23 (6,2)
History of arterial hypertension in pregnancy	99 (26,7)
Arterial hypertension	47 (12,7)
Pre/peri-menopause	187 (50,6)
Postmenopause	183 (49,4)
Previously hysterectomized	128 (34,8)
Use of psychotropic drugs	13 (3,5)
Use of phytoestrogens	40 (10,8)
Alcohol consumption	43 (11,6)
Bilateral oophorectomy	46 (12,4)
Church attendance	275 (74,3)

14 (3,8%) women had UI according to the ICIQ-SF

Women with UI - ICIQ-SF, n (%)		
How often do you leak urine?	Never	1 (7,1)
	About once a week or less often	9 (64,3)
	Two or three times a week	1 (7,1)
	Once a day or more times	3 (21,5)
How much urine do you usually leak?	None	3 (21,5)
	A small amount	9 (64,3)
	A moderate/large amount	2 (14,2)
How much does leaking urine interfere with your everyday life?	0 (Not at all)	4 (28,6)
	1-2	5 (35,7)
	3 and more	5 (35,7)

Women with UI - Cervantes Short Form Scale-10, n (%)		
I am afraid of performing physical efforts because my urine leaks	Never	7 (50,0)
	Seldom	7 (50,0)
I have vaginal discomfort and dryness	Never	7 (50,0)
	Seldom	7 (50,0)

Factors Asociados with UI	aOR [IC95%]	p
Use of psychotropic drugs	15,09 (1,62-140,27)	0,01
H. Arterial hypertension in pregnancy	7,07 (1,58-31,53)	0,01
Arterial hypertension	3,64 (0,86-15,35)	0,07
Current partner	0,35 (0,08-1,46)	0,15

Current smoking, Alcohol consumption, Coffee consumption, Use of oral contraceptives, Sedentary behavior, Church attendance, Diabetes Mellitus, Abdominal obesity, Previously hysterectomized, Bilateral oophorectomy, I am afraid of performing physical efforts because my urine leaks, I have vaginal discomfort and dryness (P>0,05)

Conclusion: The prevalence of UI among Colombian climacteric afro-descendant women of 49 years old was close to 4%. Less than that indicated in other ethnic groups. Less than noted in other ethnic groups. There are no extensive comparative studies face to face between ethnicities

