143 - THE ANALYSIS OF URINARY INCONTINENCE ON SEXUALITY

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INTRODUCTION

Urinary incontinence is a common condition, is a symptom that has social implications, causing discomfort, embarrassment, loss of confidence, and that can have a negative effect on quality of life. (GÉO et al, 2002). Women are twice as likely as men to present this condition (FRANCISCO, 2007).

In women, some situations, such as childbirth, estrogen deficiency, increased intra-abdominal pressure and chronic constipation, and consequently lead to the weakening of these muscles malfunction. These disorders cause various problems, such as loss of urine (urinary incontinence) and feces (fecal incontinence), genital prolapse (abnormal lumps of internal organs) and sexual dysfunction (SILVA & SILVA, 2003).

Although urinary incontinence in general represents the voiding control deficiency, its causes and treatment can defer the classification thereof, dividing into three types most common in this population, which are the Stress Urinary Incontinence (SUI), the Urgency Urinary Incontinence (Overactive Bladder - IUU), and Mixed Urinary Incontinence (BEZERRA, 2006). The causes of UI are quite varied, and the identification of the etiology is essential for proper treatment. (CEZAR, 2008).

Sexuality is such a phenomenon that can be stimulated or repressed by urinary incontinence, and has been the subject of many hypotheses. Taboos and sanctions relating to this subject may be only comparable to those that relate to sexuality menstrual flow (Giami, 2003).

Given the negative effect on the lifestyle of women, urinary incontinence is associated with poor quality of life with a negative impact on sexual life, in the other words, can be accepted as a natural reduction in sexual life with increasing age, especially if so join urinary incontinence (Lalos et al, 2001).

MATERIALS AND METHODS

This study deals with a quantitative trait descriptive, direct mode aimed at collecting data from patients with urinary incontinence and sexual life affected by it, only patients with urinary incontinence without sexual life and affected patients showed no conditions, through questionnaires in the period July-August of the year 2013, conducted with female patients.

The research was approved by the Ethics Committee of the College Assis Gurgacz (FAG), and each participant signed the consent form. The women participating in this study did not suffer any kind of stress or embarrassment during data collection. For this, we selected forty (40) female patients, age varied to make the questionnaires, which were applied individually.

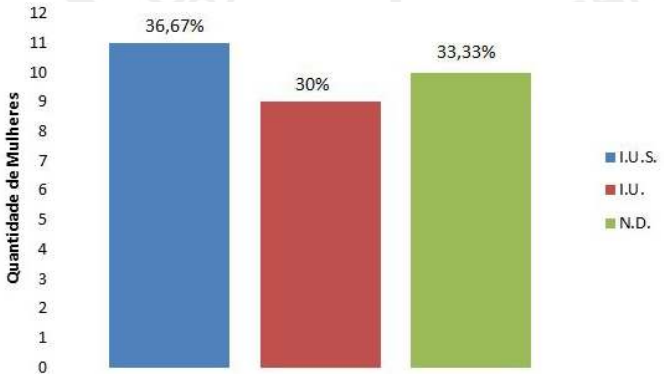
The criterion adopted for the analysis of the questionnaires was to find out how many respondents had urinary incontinence and sexual life affected by it, in order to show, in graph form, the relationship of loss of quality of life that urinary incontinence caused these women, and age at which the incidence of urinary incontinence is more prevalent in this sample.

Thus, the main objective is to verify the influence of urinary incontinence in women's sexuality.

RESULTS

Results obtained from questionnaires according to this first graph show that a sample of 40 women, 57.5%, in other words, 23 of the patients had problems with urinary incontinence and sexual affected by it (represented by the symbol - IUS), 25%, or 10 of the patients had problems with urinary incontinence without that affects the sexual life (represented by the acronym - IU) and 17.5%, in other words 7 of the patients had no urinary incontinence, and consequent change in sex life. (N.D.)

Figure01: Interference in sexuality in women with urinary incontinence.



DISCUSSION

The participants of this study were female, aged from 40 years of which 57.5% had urine leakage and quality of sexual life affected. We observed that the age ranged from 40 to 80 years, without a significant impact on an age group next. Since it was identified that regardless of age that the patient presents with the picture of urinary incontinence, possibly there will be a reduction in the quality of sexual life.

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In a study by Dedication et al (2008) with 77 women with urinary incontinence who evaluated through the King's Health Questionnaire (KHQ) the quality of life in this sample, one can conclude that there is an impact on quality of life, and that the same varies among incontinent women, but in all cases this condition causes different levels in depression, anxiety, and low life satisfaction.

Another study by Sonia M. Fátima da Silva et.al, with 61 women, distributing them in groups, and 17 women had stress incontinence, 14 women had no urinary complaints, 15 postmenopausal women with stress urinary incontinency, and 15 postmenopausal women put without loss of urine. You can check with the assessment of pelvic floor muscle testing with vaginal cones that the muscles of patients with urinary incontinence had lower degree of strength as women continents. From this study it can be concluded that there is a significant change in female pelvic floor muscles due to urinary incontinence, which compared to other study may be associated with constipation already present in young women , providing a future incontinence same.

Already in another study by Ribeiro et al (2005), with 93 adult women diagnosed with UI, ability to read and write, no mental illness and no surgical intervention for UI. The results show that women living with the study IU long and with respect to sexual intercourse they fit satisfactorily. This result is in agreement with the claim Dugan et al. (1998) that the UI does not have devastating consequences for many people.

CONCLUSION

As Lopes & Higa (2005), incontinent women are affected in different ways. They begin to worry about the availability of toilets, embarrass themselves with the odor of urine and often feel dirty. Many have difficulty in sexual intercourse, either by loss of urine, for fear of interrupting him urinating or simply ashamed before the partner. Therefore it can be concluded that there is no significant impact on a next age group, regardless of age identifying that the patient presents with the picture of urinary incontinence, possibly there will be a reduction in the quality of sexual life.

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THE ANALYSIS OF URINARY INCONTINENCE ON SEXUALITY

ABSTRACT

Introduction: Urinary incontinence is a common condition, which has social implication, causing discomfort, embarrassment, loss of self-confidence, and may have negative effect on quality of life. In women, some situations, such as childbirth, estrogen deficiency, increased intra-abdominal pressure and chronic constipation, lead to the weakening and malfunctioning as a result of pelvic floor muscles causing various problems, such as loss of urine (urinary incontinence) and feces (fecal incontinence), genital prolapse (abnormal protuberances of internal organs) and sexual dysfunction. There are three types: stress urinary incontinence (SUI), urinary Urgency incontinence (overactive bladder – IUU FISHERIES), and the Mixed urinary incontinence. Given the negative effect on women's lifestyle, stands out in this study the urinary incontinence associated with low quality of life with negative impacts on sexual life. Objective: Analyze the influence of urinary incontinence on quality of sexual life of women. Methods: This is a study with quantitative characteristic of the descriptive type, directly aimed at data collection of forty women, including women who have urinary incontinence and sex life affected by the same, women who have urinary incontinence only without the sex life affected and women who did not present any of the diseases, through questionnaires in the period from July to August 2013 carried out only with female patients. Results: On the basis of the questionnaires applied was possible to identify that in a sample of 40 women, 57.5% of patients had problems with urinary incontinence and sex life affected by same, 25% of patients had problems with urinary incontinence without that this affects the sex life and 17.5%, i.e. 7 of the patients did not present urinary incontinence, and the consequent change in sex life. Conclusion: It is concluded from this study with females that no significant implications in an age group around, identifying that regardless of age if the patient presents with the painting of urinary incontinence, possibly there will be a reduction in the quality of sex life.

KEYWORDS : Urinary Incontinence; Sex Life; Quality of life;

L'ANALYSE DE L'INCONTINENCE URINAIRE SUR LA SEXUALITÉ

RÉSUMÉ

Introduction : L'incontinence urinaire est une affection fréquente, qui a une implication sociale, provoquant une gêne, embarras, perte de confiance en soi et peut avoir un effet négatif sur la qualité de vie. Chez les femmes, certaines situations, telles que l'accouchement, carence estrogénique, augmentation de la pression intra-abdominale et la constipation chronique, conduisent à l'affaiblissement et de dysfonctionnement par suite des muscles du plancher pelvien provoquant divers problèmes, tels que la perte d'urine (incontinence urinaire) et selles (incontinence fécale), Prolapsus génital (protubérances anormales des organes internes) et la dysfonction sexuelle. Il existe trois types : insister sur l'incontinence urinaire (SUI), incontinence d'urgence urinaire (vessie hyperactive – pêche INDNR) et l'incontinence urinaire mixte. Compte tenu de l'effet négatif sur le mode de vie des femmes, se trouve dans cette étude l'incontinence urinaire associée à faible qualité de vie avec des impacts négatifs sur la vie sexuelle. Objectif : Analyser l'influence de l'incontinence urinaire sur la qualité de la vie sexuelle des femmes. Méthodes : Il s'agit d'une étude avec des caractéristiques quantitatives du type descriptif, visant directement à la collecte de données de quarante femmes, y compris les femmes atteintes d'incontinence urinaire et vie sexuelle touchés par la même, les femmes qui ont une incontinence urinaire seulement sans la vie sexuelle touchée et les femmes qui ne présentaient pas une maladie, par le biais de questionnaires dans la période de juillet à août 2013réalisée uniquement avec les patientes. Résultats: Sur la base de questionnaires appliqués a été possibles d'identifier que dans un échantillon de 40 femmes, 57,5 % des patients avait des problèmes avec urinary incontinence et la vie sexuelle touchés par même, 25 % des patients avait des problèmes avec l'incontinence urinaire sans que cela affecte la vie sexuelle et 17,5 %, c'est-à-dire 7 des patients ne présentaient pas l'incontinence urinaire et le changement qui en résulte dans la vie sexuelle. Conclusion: De cette étude avec les femelles, il est conclu qu'aucun des implications importantes dans un groupe d'âge autour, identifiant qu'indépendamment de l'âge si le patient présente avec la peinture de l'incontinence urinaire, peut-être il y aura une diminution de la qualité de la vie ne sexuelle.

MOTS CLÉS : L'Incontinence urinaire ; Vie sexuelle ; Qualité de vie ;

EL ANÁLISIS DE LA INCONTINENCIA URINARIA EN SEXUALIDAD

RESUMEN

Introducción: La incontinencia urinaria es una condición común, que tiene implicaciones sociales, causando incomodidad, vergüenza, pérdida de confianza en sí mismo y puede tener un efecto negativo sobre la calidad de vida. En las mujeres, algunas situaciones, como el parto, la deficiencia de estrógenos, aumento de la presión intrabdominal y estreñimiento crónico, provocar el debilitamiento y mal funcionamiento debido a los músculos del suelo pélvico causando diversos problemas, como la pérdida de orina (incontinencia urinaria) y las heces (incontinencia fecal), prolapso genital (protuberancias anormales de los órganos internos) y disfunción sexual. Existen tres tipos: estrés (SUI) la incontinencia urinaria, incontinencia urinaria de urgencia (vejiga hiperactiva – pesca INDNR) y la incontinencia urinaria mixta. Teniendo en cuenta el efecto negativo sobre el estilo de vida de la mujer, destaca de este estudio de la incontinencia urinaria asociada con baja calidad de vida con impactos negativos sobre la vida sexual. Objetivo: Analizar la influencia de la incontinencia urinaria en la calidad de la vida sexual de las mujeres. Métodos: Este es un estudio con característica cuantitativa de tipo descriptivo, dirigido directamente a recopilación de cuarenta mujeres, incluidas a las mujeres que tienen incontinencia urinaria y vida sexual afectado por lo mismo, mujeres con incontinencia urinaria pero sin la vida sexual afectada y que no presentan ninguna de las enfermedades, a través de cuestionarios en el período comprendido entre julio y agosto de 2013lleve a cabo en pacientes femeninos. Resultados: En base a los cuestionarios aplicados fue posibles identificar que en una muestra de 40 mujeres, 57,5% de los pacientes tenían problemas con urinaria incontinencia y la vida sexual afecta por igual, el 25% de los pacientes tenían problemas con la incontinencia urinaria sin que esto afecta la vida sexual y 17,5%, es decir, 7 de los pacientes no presentaron incontinencia urinaria y el consiguiente cambio en la vida sexual. Conclusión: Se concluye de este estudio con las hembras que no hay implicaciones significativas en el grupo de edad, identificando que independientemente de la edad si el paciente se presenta con la pintura de la incontinencia urinaria, posiblemente habrá una reducción en la calidad de vida sexual.

PALABRAS CLAVES: Incontinencia urinaria; Vida sexual; Calidad de vida;

A ANÁLISE DA INCONTINÊNCIA URINÁRIA NA SEXUALIDADE

RESUMO

Introdução: A incontinência urinária é uma condição comum, que tem implicação social, causando desconforto, vergonha, perda da autoconfiança, e que pode ter efeito negativo na qualidade de vida. Nas mulheres, algumas situações, tais como, parto, deficiência estrogênica, pressão intra-abdominal aumentada e constipação crônica, levam ao enfraquecimento e consequentemente mau funcionamento dos músculos do assoalho pélvico causando problemas diversos, como perda de urina (incontinência urinária) e de fezes (incontinência fecal), prolapsos genitais (protuberâncias anormais de órgãos internos) e

disfunções sexuais. Existem três tipos: a Incontinência Urinária de Esforço (IUE), a Incontinência Urinária de Urgência (Bexiga Hiperativa – IUU), e a Incontinência Urinária Mista. Dado o efeito negativo no estilo de vida da mulher, destaca-se nesse estudo a incontinência urinária associada à baixa qualidade de vida com impactos negativos na vida sexual. Objetivo: Analisar a influência da incontinência urinária na qualidade da vida sexual de mulheres. Métodos: Trata-se de um estudo com característica quantitativo do tipo descritivo, de modo direto, que visa o levantamento de dados de quarenta mulheres, dentre elas mulheres que apresentaram incontinência urinária e vida sexual afetada pela mesma, mulheres que apresentaram somente incontinência urinária sem a vida sexual afetada e mulheres que não apresentaram nenhuma das patologias, através de questionários no período de julho a agosto de 2013, realizados apenas com pacientes do sexo feminino. Resultados: Com base nos questionários aplicados foi possível identificar que numa amostra de 40 mulheres, 57,5% das pacientes apresentaram problemas com incontinência urinária e a vida sexual afetada pela mesma, 25% das pacientes apresentaram problemas com a incontinência urinária sem que esta afete a vida sexual e 17,5%, ou seja, 7 das pacientes não apresentaram incontinência urinária, e consequente alteração na vida sexual. Conclusão: Concluiu-se com este estudo realizado com indivíduos do sexo feminino que não há incidências significativas em um grupo de faixa etária próximo, identificando que independentemente da idade que a paciente apresente com o quadro de incontinência urinária, possivelmente haverá a redução da qualidade de vida sexual.

PALAVRAS-CHAVE: Incontinência Urinária; Vida Sexual; Qualidade de Vida;