

## **S22.1**

### **Risk factors of UI associated with pregnancy and delivery**

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Normal vaginal delivery can cause significant strain on the pelvic floor. Compared to vaginal delivery, caesarean section appears to protect against urinary incontinence, but the effect decreases after patients reach their fifties. Women who have had cesarean sections only have increased risk compared to nulliparous women, indicating that the pregnancy itself is a risk factor for urinary incontinence, too. There is no scientific basis for identifying sub-groups with a high risk of pelvic floor injury. Caesarean section will have a limited primary preventive effect on pelvic floor dysfunction at a population level. The degree of severity is frequently unreported in the literature, and most women under 50 years of age have only milder problems. Prevention and management of urinary incontinence in women in fertile age should include pelvic floor exercises