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Risk factors for urinary incontinence in elderly women

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Purpose: The aim of the study is to evaluate riskfactors for urinary incontinence among elderly women (>65 years).

Methods: We conducted a computerized searches on PubMed for reviews and guidelines about riskfactors for urinary incontinence in elderly women (>65 years).

Results: Urinary incontinence in older persons may be caused or worsened by comorbid conditions, medications, and functional impairment. These conditions are ability to get the toilet (like functional impairment, poor access to toilets), fluid balance (like the use of diuretic medications, excessive intake), urethral closure (like obesity, cough because of chronic pulmonary disease), bladder contractile strenght (like medication, diabetes mellitus) and uninhibited bladder contractions (like CNS diseases, stroke). But also white women are more at risk to developpe UI compared to black women (OR 2.8).

Conclusion: Healthcare providers should known which elderly women are at risk for developing urinary incontinence. Optimising the comorbid conditions like improve mobility, improve access to toilets, reduce weight, change medication if possible can help to reduce UI.