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The eContinence Project and the mobile application Tät® for treatment of stress urinary incontinence - will it influence access to care?

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The use of the internet and smartphones increases rapidly, offering new possibilities to prevent and treat urinary incontinence. Health apps may have the potential to change help-seeking behaviour for women with incontinence. Within the eContinence research project we have developed and evaluated an internet programme and the smartphone app Tät® for treatment of stress urinary incontinence (SUI). The app has information about SUI, lifestyle factors, and features a pelvic floor muscle-training programme along with reminders and user statistics. We demonstrated its efficacy for symptom severity and quality of life in a randomised controlled study (RCT), including 123 women with SUI. The app is now available free of charge at App Store and Google Play and we continue to follow the use and the effect of treatment. During the symposia we will discuss the access to first line treatment for UI in our different countries, benefits and disadvantages with eTreatment of UI.