

Higher daily physical activity **volume**, but **not intensity**, was associated with fewer lower urinary tract symptoms and **35% lower odds** of severe UI among older community dwelling women



Association of Physical Activity with Lower Urinary Tract Symptoms in Older Women: the Study of Muscle, Mobility and Aging (SOMMA)



BACKGROUND

- In general, higher physical activity is associated with lower odds of urinary incontinence (UI) in women.
- Evidence specific to older women, and the contribution of activity volume vs intensity, is limited.

Aim: To examine associations between physical activity levels and LUTS in a cohort of community-dwelling older women.

METHODS



WHO
337 women aged 70+
Cross-sectional analysis of the Study of Muscle, Mobility and Aging (SOMMA): 47 nulliparous, 290 parous.



ACTIVITY 7 days
Wrist-worn accelerometer measured daily step count (VOLUME) and minutes of moderate-to-vigorous activity (INTENSITY).

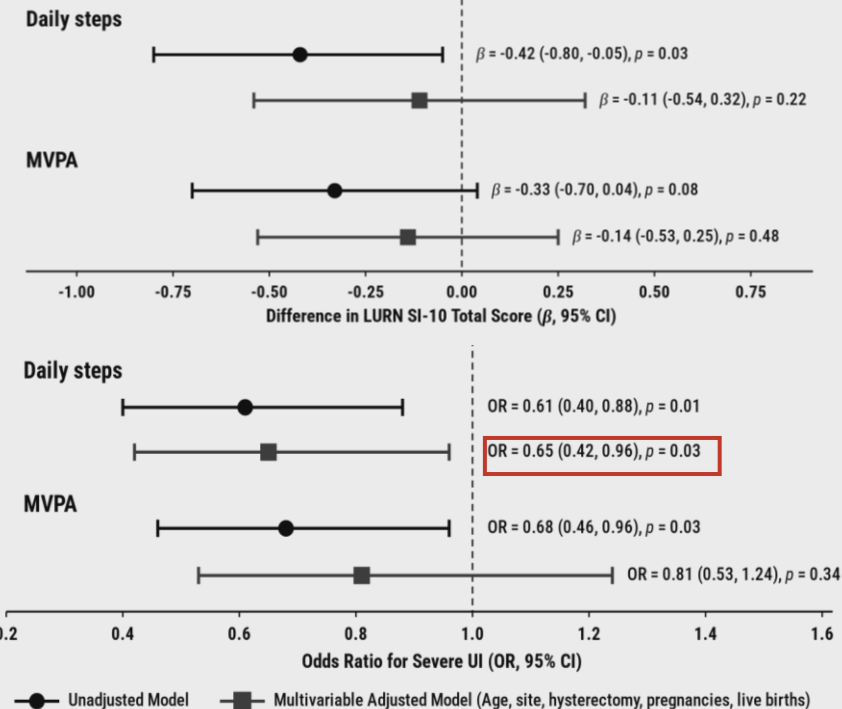


SYMPTOMS LURN SI-10
Validated 10-item questionnaire, scored 0–38. Higher scores → more severe lower urinary tract symptoms.



ANALYSIS
Linear regression for symptom scores, logistic regression for incontinence-adjusted for age, site, hysterectomy, # of pregnancies, and # of live births.

RESULTS



35% lower odds of severe UI per ~3,000 additional steps per day

IMPLICATIONS



**VOLUME
NOT
INTENSITY**



**TEMPORAL
SEQUENCE
UNKNOWN**



**LONGITUDINAL
DATA
NEEDED**

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