



INTRODUCTION

Overactive bladder was defined by International Continence society (ICS) as:Urinary urgency, usually accompanied by frequency and nocturia, with or without urgency urinary incontinence, in the absence of urinary tract infection or other obvious pathology (1). Urgency is defined by The ICS as the complaint of sudden, compelling desire to pass urine which is difficult to defer. Urgency is considered the characteristic symptom of OAB(2). The prevalence of OAB is variable, and its variability depending on the characteristics of the population which are assessed and the definition which was use, the prevalence ranging from 3% to 43% in general population.(3)

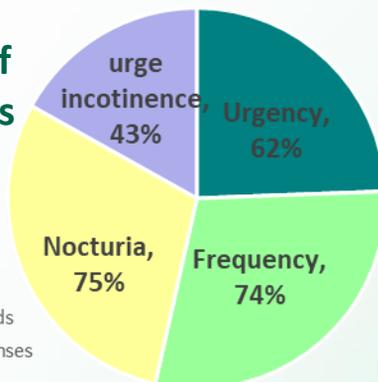
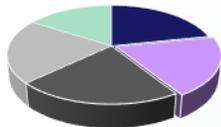
AIM OF THE STUDY

- To assess the prevalence and risk factors of overactive bladder syndrome (OAB), and its impact on quality of life in Saudi women.

METHODS

- A cross-sectional, observational epidemiological study was carried out in women aged ≥ 18 years to define the prevalence overactive bladder syndrome , risk factors and the effect on quality of life , by self-filling OAB SF questionnaire over the period (Feb – March 2018) in Saudi Arabia.
- The questionnaire was translated in Arabic from the OAB short form (OAB SF) and some questions were developed by the researchers.
- The questionnaire includes: age, sex, parity, BMI, educational level, history of UTI, smoking, chronic medical illness (Diabetes mellitus, Hypertension, Neurological diseases) and menopause.
- Questions were divided into two categories:
 - About storage symptoms (urgency, nocturia, frequency, and urge incontinence).
 - Severity of symptoms and its effect on Quality of life.

The prevalence of storage symptoms



- non smoker
- college grads
- childbearing age
- regular menses
- overweight

RESULTS

- Data were analyzed from 566 responders who answered the survey completely through either electronic or paper form.
- Most responding women were non-smoker (86%), college-graduated (77%); and in childbearing age (87%) with regular menstruation (84%).
- Overweight or obesity prevalence was 63% in this cohort.
- Frequent UTI symptoms and other co morbidities (DM, Hypertension and neurologic disorders) were uncommon (18% and (12%), respectively.
- The prevalence of storage symptoms was common (urgency =62%, frequency =74%, nocturia =75% and urge incontinence =43%).
- These OAB storage symptoms were associated with negative effects on quality of life; 66% of the respondents had to wake up at night and/or look for a rest room in public places to urinate. Using ordinal regression model to study risk factors association with either urgency or nocturia; only the number of children was statistically significant as an independent variable; p value < 0.05. Both age and weight were not significant in this regression model.

CONCLUSIONS

- The study shows that OAB is very common and higher than published international data in other countries.
- All responders had at least one storage symptom with Nocturia being most prevalent with 75%.
- The number of children was significant risk factor for either urgency or nocturia
- More than 2/3 of responders reported negative impact on quality of life.

DISCLOSURE

Nothing to disclose.

REFERENCES

- International Continence Society (ICS) in terminology of overactive bladder available in :
- Haylen BT, De Ridder D, Freeman RM, Swift SE, Berghmans B, Lee J, et al. An International Urogynecological Association (IUGA)/International Continence Society (ICS) joint report on the terminology for female pelvic floor dysfunction. Int Urogynecol J. 2010;21(1):5-26.
- Milson I, Abrams P, Cardozo L, Roberts RG, Thuroff J,Wein AG, et al. How wide spread are symptoms of an overactive bladder and how managed? A population-based prevalence study. BJU Int. 2001; 87:760-6.

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