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## IS URINARY INCONTINENCE CORRELATED WITH ANTHROPOMETRIC MEASUREMENTS?

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The relationship between continence mechanism and the various anthropometric measurements has not been fully delineated. The aim of this study is to investigate the relationship between anthropometric measurements and urinary incontinence. 193 patients who applied to the urogynecology and obstetrics clinic of a university hospital between the age of 25 and 60 were included. Age and anthropometric measurements of the patients were collected; also Urogenital Distress Inventory-6 (UDI-6) was filled by patients. Urinary incontinence status of the patients was assessed by using the UDI-6 scores. Multiple regression analysis and partial correlation analysis were used to investigate the relationship between anthropometric measurements and UDI-6 scores. Average age of the patients was  $35.6 \pm 8.6$ , ranging from 25 to 60. The age ( $p < 0.001$ ) and waist circumference ( $p < 0.001$ ) were found significantly factors on UDI-6 total score among the four variables (age, BMI, waist circumference, and abdominal circumference). There was found significantly correlation between waist circumference and UDI-6 total score ( $r_{\text{partial}} = 0.563$ ;  $p < 0.001$ ) according to the results of the age adjusted partial correlation analysis. Urinary incontinence is correlated with waist circumference. When the waist circumference increases independently from the age, urinary incontinence too increases. For this reason, the recommendations in order to weight loss around the patient's waist circumference seem to be clinically rational as a starting therapy for urinary incontinence.

#### Biography

Hatice Kahyaoglu-Sut has completed his PhD at the age of 33 years from Trakya University. She is the chief of the Department of Gynecology and Obstetrics, Trakya University, Health Science Faculty. She has published more than 25 papers in reputed journals.

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