

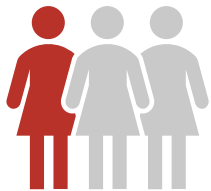


MEDICAL
UNIVERSITY
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Nearly
1 in 3



women in Poland reported UI symptoms 3 months after first vaginal delivery

Urinary incontinence after first childbirth among Polish women: first data on symptom burden and impact on quality of life

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Hypothesis / aims of study

Urinary incontinence (UI) is a common disorder reported by postpartum women.

AIM: to assess the prevalence of UI in primiparous Polish women at 3 months after vaginal delivery.

SECONDARY OBJECTIVE: to examine bother related to postpartum UI and its impact on quality of life.

Study design, materials and methods



primiparous women



three months postpartum



Standardized online questionnaires (PFDI-20) (PFIQ-SF)

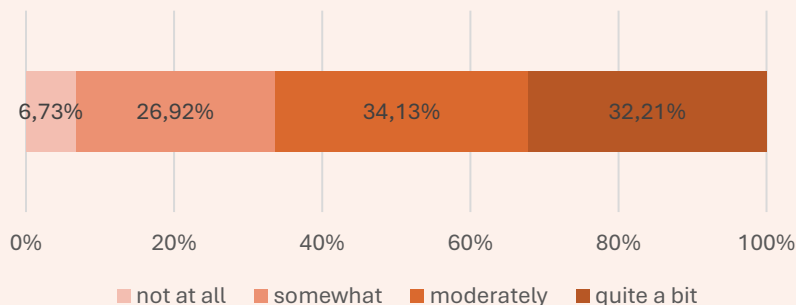


Figure 1. Bother related to UI symptoms based on PFDI-20 responses.

Results

30.55%

reported UI symptoms 3 months after first vaginal delivery (150/491)

61.49%

of women with UI reported an impact on quality of life (UIQ-7 > 0)

20.83

median UDI-6 score (range 4.17–83.33)

4.76

median UIQ-7 score (range 0.00–100)

Postpartum UI most frequently and most strongly affected the **ability to perform physical activities**, followed by **feelings of frustration** and an impact on **emotional health**.

Conclusions

Nearly one in three women reported UI as bothersome and negatively affecting their quality of life.

These findings provide the first data from Poland on this topic.