IS THERE A DIFFERENCE IN PELVIC FLOOR MUSCLE PRESSURE IN NATURAL AND SURGICAL MENOPAUSE? (#561)

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INTRODUÇÃO

The natural aging of the muscle fibers with consequent hypotrophy or replacement by adipocytes can contribute in an effective way to muscular dysfunctions. Besides the aging , factors such as menopause time and age of onset of menopause may influence the functional of pelvic floor muscles (PFM) and there is a strong correlation with the appearance of alterations in the PFM, such as urinary incontinence (UI) [1]. Thus, this study **aims to compare the PFM pressure of postmenopausal women with a history of natural and surgical menopause.**

DESIGN

- The study was approved by the Ethics Committee.
- **A crosssectional study of 117 volu nteers allocated by spontaneous demand and divided into two gro ups: natural menopause (NM; n =62) and surgical menopause (S M; n = 55).**
- **It was used the Peritron 9300V The patients were instructed on the correct way to contract PFM avoiding the Valsalva maneuver**, and to perform muscle contraction with the greatest strength possible. Volunteers were also instructed to empty their bladders before the manometry.
- The probe was inserted with the equipment turned off. **Three maximum voluntary contraction of PFM was requested,** with two to three seconds of duration each. The command was "squeeze the probe".
- The assessment was performed by a single evaluator.
- The descriptive statistics were used to pres ent the clinical data and for comparison between the type of menopause and PF M manometry, the T test was used for ind ependent samples. This study was approv ed by the research ethics committee

RESULTS

- **It were analyzed 109 volunteers. Three volunteers were excluded because they felt pain during the introduction of th e probe and five because they could not dissociate the contraction of the PFM.** The mean **of age** was 57.96 years (± 6.99; CI: 55.98 - 59.97) in NM and SM was 56.00 years (± 8.07; CI: 53.80 - 58.20) (p = 0.79).
- The **mean time of menopause** was 8.38 years (± 6.45, CI: 6.50 - 10.26) in the NM and 15.01 years (± 10.69, CI: 12.09 - 17, 93) in the SM (p =0.00).
- Regarding the **PFM pressure, NM presented a mean of 34.38 cmH_2O (± 23.67; CI: 29.89-38.88) and the SM was 27.35 cmH_2O (±18.84; CI: 22,21-32.49) (p = 0.04).**

CONCLUSION

There was difference in pelvic floor muscle pr essure of postmenopausal between women with history of natural and surgical menopause.

Reference
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