

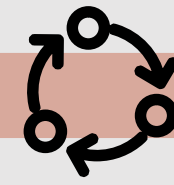
#371 Pelvic floor dysfunctions in female cyclists: a systematic review



Introduction

There is little awareness and/or knowledge of pelvic floor dysfunctions and its potential impact on the quality of life in female cyclists.

The prevalence and the causes of pelvic floor disorders in male cyclists have been described in recent studies. The most common symptoms are, for instance, genital numbness and erectile dysfunction. However, little is still known about the effects of cycling on female cyclists' pelvic floor.

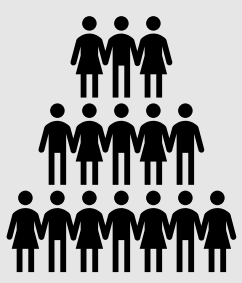
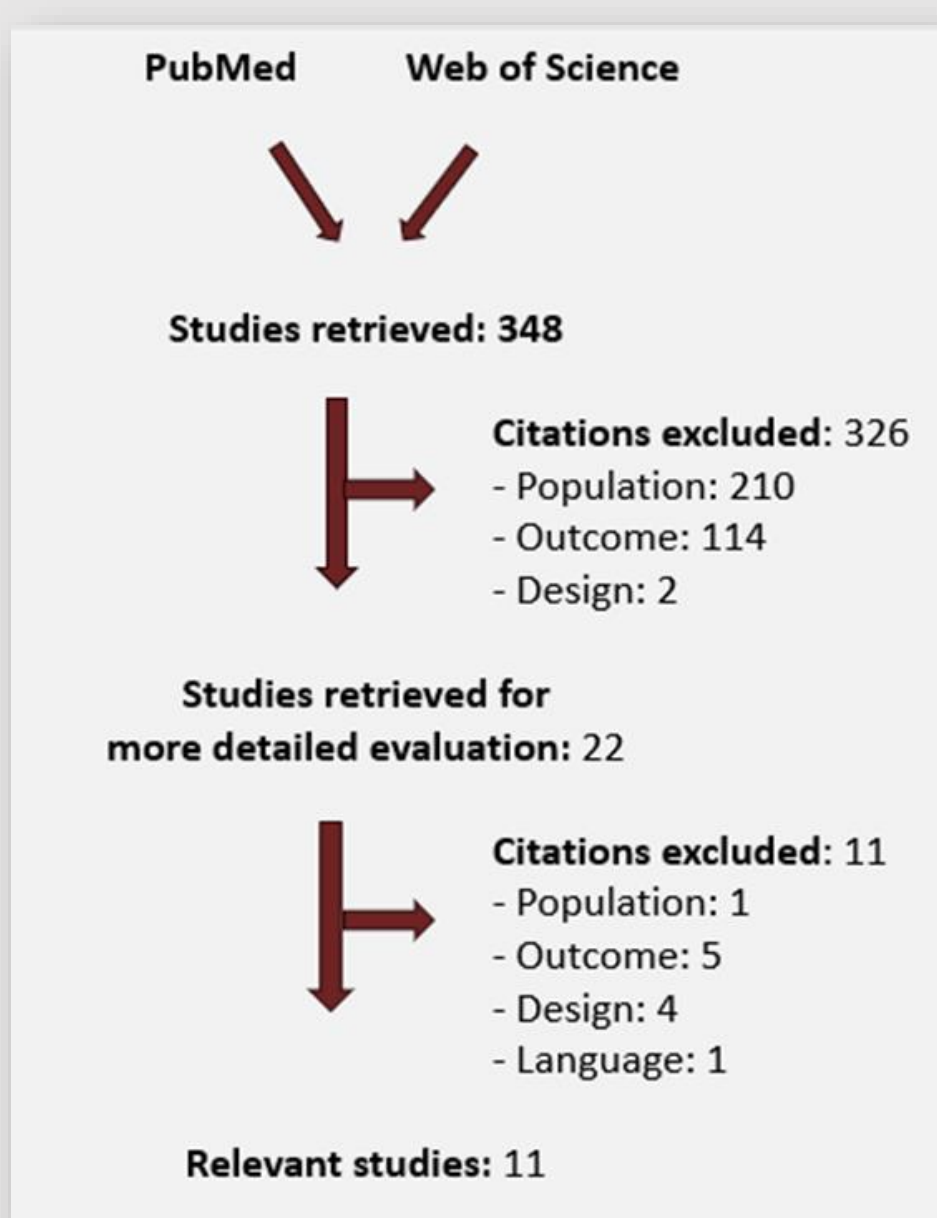


Methods

- Systematic review according to the PRISMA-guidelines
- Articles were screened for risk of bias using the Newcastle-Ottawa Scale (NOS) adapted for cross-sectional studies
- Relevant results were extracted and summarised in an evidence table



Results



- 11 cross-sectional studies
- N = 4711 female cyclists

Prevalence of PFD symptoms

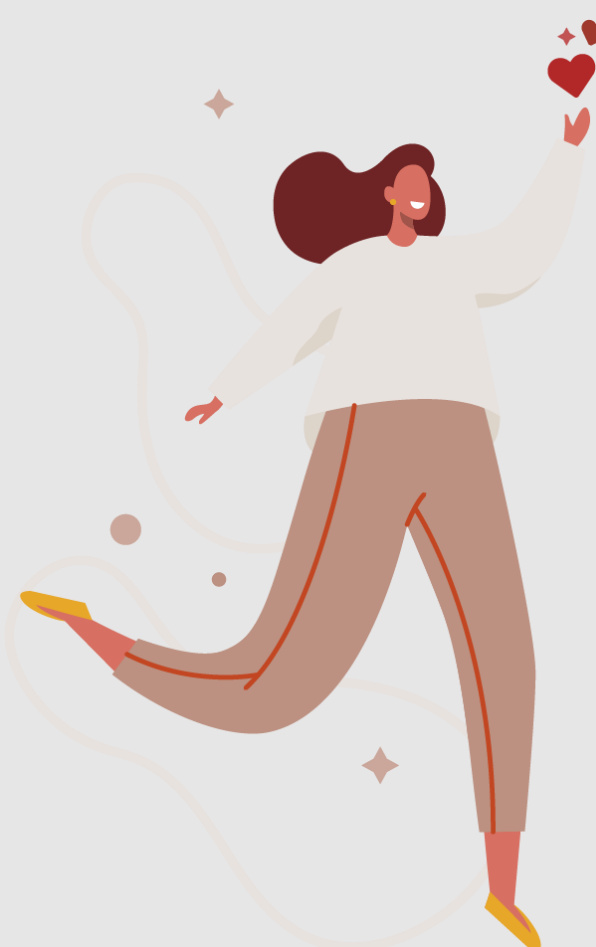
- Genital pain: 69%
- Sexual dysfunction: 55.5%
- Genital numbness: 47%
 - Mainly in the labia (81%) or broader vulva (70%)
 - Increased chances with a higher BMI and a history of UTI (1)
- Increased occurrence of dysuria and straining to void with increasing saddle width (3)

No/ Sparse Evidence on other PFD symptoms.
No reports on QOL



Conclusion

- Most frequently reported PFD: genital pain, genital numbness and sexual dysfunction
➔ most frequently questioned dysfunctions
- Urogenital and bowel-related PFD perhaps less relevant for this population
- Aims for future research & implementation:
 - Acquire more accurate data of the current most commonly known and reported complaints, such as genital pain, genital numbness, genital swelling and saddle sores.
 - Improve the awareness and/or knowledge about pelvic health in women in cycling
 - Study & Take into consideration the possible impact of the complaints on QoL and performance.
 - Explore the possible influence of cycling characteristics and bicycle set-up



References

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2. Greenberg, D., Khandwala, Y., & Breyer. (2019). Genital Pain and Numbness and Female Sexual Dysfunction in Adult Bicyclists. *The journal of sexual medicine*, 16, 8.
3. Hermans, T., Wijn, R., & Winkens, B. (2016). Urogenital and Sexual Complaints in Female Club Cyclists—A Cross-Sectional Study. *J Sex Med*, 13(5).