Untitled

by Gabriel Levin

General metrics

1,648	213	13	51 sec	1 min 38 sec
characters	words	sentences	reading time	speaking time

Score

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Writing Issues

18	3	15
Issues left	Critical	Advanced

Writing Issues

3 **Correctness**

3 Misspelled words

Unique Words

Measures vocabulary diversity by calculating the percentage of words used only once in your document

46%

unique words

Rare Words

Measures depth of vocabulary by identifying words that are not among the 5,000 most common English words.

39%

rare words

Word Length

Measures average word length

6.2

characters per word

Sentence Length

Measures average sentence length

16.4

words per sentence

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Background: Pelvic floor muscle (PFM) strength is important for maintaining urinary continence during pregnancy and postpartum. Regular exercise during pregnancy has been associated with various health benefits, but the effect on PFM strength has not been fully investigated.

Objectives: To compare PFM strength and endurance in regular exercisers and nonregular exercisers at midpregnancy[1] and to investigate the association between PFM strength and urinary continence.

Methods: This cross-sectional study enrolled 150 pregnant women at midpregnancy[2]. Participants were categorized into regular exercisers (n=75) and nonregular exercisers (n=75) based on their self-reported exercise habits. PFM strength and endurance were measured using a perineometer. Urinary continence was assessed using a validated questionnaire.
RESULT: Regular exercisers had statistically significant stronger (mean 6.4 cm H₂O [95% confidence interval, 1.7-11.2]) and more enduring (mean 39.9 cm H₂Osec [95% confidence interval, 42.2-75.7]) PFM compared to nonregular exercisers. After adjusting for possible confounders, only PFM strength remained statistically significant. PFM strength, but not regular general exercise, was associated with urinary continence (adjusted B, -6.4 [95% confidence interval, -11.5 to -1.4]).

Conclusion: Regular exercisers have stronger and more enduring PFM at midpregnancy[3] compared to nonregular exercisers. PFM strength, but not

regular general exercise, was associated with urinary continence. These findings highlight the importance of regular PFM training during pregnancy for maintaining urinary continence.

1.	~~midpregnancy~~ → mid-pregnancy, mid pregnancy	Misspelled words	Correctness
2.	~~midpregnancy~~ → mid-pregnancy, mid pregnancy	Misspelled words	Correctness
3.	~~midpregnancy~~ → mid-pregnancy, mid pregnancy	Misspelled words	Correctness