

## **Quality of Life in Women with Pelvic Organ Prolapses in Symptomatic and Asymptomatic Population**

**Introduction and Objective:** Pelvic organ prolapse (POP) is associated with significant health-related quality of life. The aim of this cross-sectional study is to estimate quality of life (QoL) and prevalence of pelvic organ prolapse among symptomatic and asymptomatic adult women.

**Materials and Methods:** The cross-sectional study included adult women selected from database of gynaecological outpatient clinics. An age-stratified random sample underwent clinical examination symptoms and signs of pelvic floor prolapse. Symptomatic POP was defined by feeling a bulge from the vagina, pressure or protrusion and signs of the pelvic organ prolapse according to the quantification system (POP-Q). The prolapse quality-of-life questionnaire (P-QOL) consists of 20 questions pertaining to nine quality-of-life domains including: general health perceptions, prolapse impact, role limitations, physical limitations, social limitations, personal relationships, emotional problems, sleep/energy disturbances and severity measures. All women filled P-QOL questionnaires and then underwent POP-Q examination during maximal Valsalva. Women with symptomatic prolapse were compared with women without symptomatic prolapse and women with symptoms of prolapse.

**Results:** Study included 1200 females, 785 of whom completed the prolapse quality-of-life questionnaire (65.4 %). The mean age was 47 years (range 18 – 82 years). No symptoms and signs of POP were in 78.5 % (females < 40 years) vs. 8.8 % (females > 70 years), signs of prolapse according to the quantification system were 3.5 % (females < 40 years) vs. 8.8 % (females > 70 years), symptoms of POP were in 14.1 % (females < 40 years) vs. 11.8 % (females > 70 years). Symptomatic POP was in 3.9 % (females < 40 years) vs. 70.6 % (females > 70 years). All positive stages of pelvic organ prolapse stages were in 48.7 %, all symptomatic pelvic organ prolapses were in 27.6 %. The total scores for each of the P-QOL domains were found to be significantly higher for symptomatic women compared to asymptomatic women. The prolapse quality-of-life questionnaire confirmed significant trend toward advancing age in all domain.

**Conclusions:** The prolapse quality-of-life questionnaire (P-QOL) confirmed significant impact of symptomatic pelvic organ prolapse on quality of life.