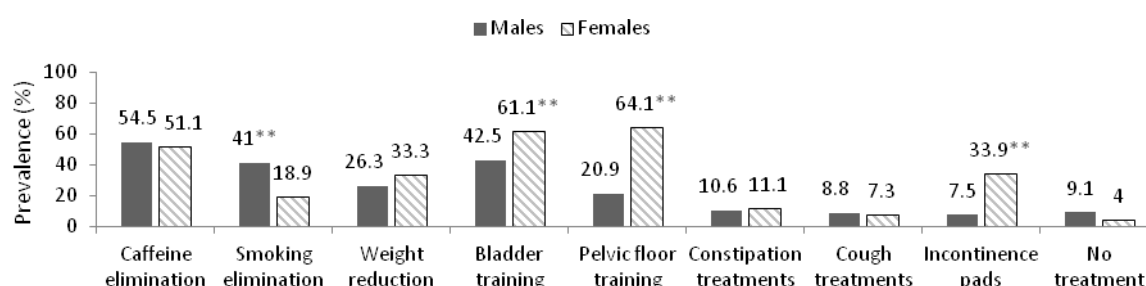


## Gender-Specific Conservative Management of the Overactive Bladder in a Population-Based Survey

**Introduction and Objective:** To analyze gender-specific conservative management of the overactive bladder (OAB) in patient's population with urgency, frequency and urgency urinary incontinence.

**Materials and Methods:** A cross-sectional epidemiological study was conducted between January and July 2011 to obtain baseline data on conservative management of OAB. The inclusions criteria during this study were as follows: patients above 18 years of age, symptoms of overactive bladder and normal cognitive functions. The exclusions criteria were lack of patient's cooperation, indwelling or intermittent bladder catheterization, malignancy, neurogenic bladder and urinary bladder fistula. All patients had assessment of demographic data, subjective and objective OAB characteristics included OAB-V8 questionnaire and conservative management of OAB.

**Results:** A total of 2003 patients of 77 outpatient clinics were included, 1945 of whom were completed. Participants were 814 males (41.9 %) and 1131 females (58.1 %), mean age of study population was 60.2 years (range 18 – 93 years). Symptoms of overactive bladder was changed statistically significantly in males vs. females during 24-hours period (frequency: 11.9 vs. 11.5,  $p < 0.05$ ; nocturia: 3.3 vs. 2.9,  $p < 0.01$ ; urgency urinary incontinence: 1.2 vs. 2.5,  $p < 0.01$ ). Total score OAB-V8 achieved of  $22.6 \pm 7.0$  in males vs.  $22.3 \pm 7.1$  in females, significant value of OAB-V8 was obtained in 81.2 % of all cases. Conservative management of OAB revealed significant differences between males and females (Graph. 1).



Graph.1. Gender-specific conservative management of OAB;  $\chi^2$  test; \*\* $p < 0.01$

**Conclusions:** Epidemiological study confirmed significant gender-specific differences in management of the overactive bladder syndrome. Conservative OAB treatment revealed significant differences in pelvic floor or bladder training and smoking elimination.