How big is the problem?
Incontinence in numbers

Ian Milsom
Gothenburg Continence Research Center (GCRC)
Sahlgrenska Academy, Gothenburg University
Gothenburg, Sweden
If UI were a country, it would be the third largest in the world!

Make the population with incontinence more transparent/understandable based on

10 questions about incontinence

GFI Forum 2018
01 HOW MANY PEOPLE ARE AFFECTED?

12.4% of all women worldwide

5% of all men worldwide

8.7% (> 423 million)

303 million

121 million

Irwin et al. BJU Int. 2011 Oct;108(7):1132-8
02 AFFECT ON THE AFFLICTED INDIVIDUAL?

UI IS MORE COMMON AMONGST WOMEN

Men
3-11%

Women Age 40+
30-60%

SENSE OF
- loss of control
- shame
- isolation
- depression

50%
Do NOT seek help

Daily UI
Age 40-70
5-15%

Age 70+ in institution
>15%

Urge UI
40-80%

Stress UI
10%

Faecal Incontinence\(^2\) occurs in up to 6% of those under 40 and 15% of older people.

Combined Faecal and Urinary Incontinence\(^2\) affects around 10% of women and 6–10% of men living in the community, increasing to almost 50% in nursing home residents.
### INCONTINENT POPULATION

#### AGE AND SEX

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Women</th>
<th>Men</th>
<th>Distribution</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-24</td>
<td>4.9</td>
<td>1.6</td>
<td>75%</td>
</tr>
<tr>
<td>25-29</td>
<td>6.6</td>
<td>5.5</td>
<td>55%</td>
</tr>
<tr>
<td>30-34</td>
<td>7.9</td>
<td>1.1</td>
<td>89%</td>
</tr>
<tr>
<td>35-39</td>
<td>10.2</td>
<td>2.1</td>
<td>83%</td>
</tr>
<tr>
<td>40-44</td>
<td>12.7</td>
<td>4</td>
<td>76%</td>
</tr>
<tr>
<td>45-49</td>
<td>14.2</td>
<td>5.8</td>
<td>71%</td>
</tr>
<tr>
<td>50-54</td>
<td>13.9</td>
<td>5.4</td>
<td>72%</td>
</tr>
<tr>
<td>55-59</td>
<td>14.5</td>
<td>6</td>
<td>71%</td>
</tr>
<tr>
<td>60-64</td>
<td>18.7</td>
<td>7</td>
<td>73%</td>
</tr>
<tr>
<td>65-69</td>
<td>16</td>
<td>8.6</td>
<td>65%</td>
</tr>
<tr>
<td>70-74</td>
<td>22.3</td>
<td>10.4</td>
<td>68%</td>
</tr>
<tr>
<td>75-79</td>
<td>17.4</td>
<td>13.9</td>
<td>56%</td>
</tr>
<tr>
<td>80-</td>
<td>21.9</td>
<td>17.8</td>
<td>55%</td>
</tr>
</tbody>
</table>

- **NOTE:** Difference reduces with age.

3 TIMES MORE WOMEN
PATHOLOGICAL REASONS FOR INCONTINENCE?

1. Bladder and bowel dysfunction
2. Neurological disorders
3. Functional incontinence
RISK FACTORS FOR INCONTINENCE?

- Age
- Obesity
- Parity, pregnancy and mode of delivery
- Hysterectomy
- Ethnicity and race
- Mobility
- Diabetes
- Dementia
- Menopausal replacement therapy
- LUTS and infections
- Comorbidities

Prevalence and severity of UI stratified for age and BMI

UI stratified by age

Leakage once a week or more often

<table>
<thead>
<tr>
<th>Q2</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>2</td>
<td>2</td>
<td>4</td>
<td>6</td>
<td>8</td>
</tr>
<tr>
<td>3</td>
<td>3</td>
<td>6</td>
<td>8</td>
<td>12</td>
</tr>
</tbody>
</table>

**Based on multiplication of Q1 and Q2**

<table>
<thead>
<tr>
<th>Q1</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

**FOUR LEVEL INDEX**

1–2 = slight  
3–6 = moderate  
8–9 = severe  
12 = very severe

**Q1. How often do you experience urinary leakage?**
1. Less than once a month  
2. A few times a month  
3. A few times a week  
4. Every day and/or night

**Q2. How much urine do you lose each time?**
1. Drops  
2. Small splashes  
3. More

HOW MANY MANAGE UI DAILY?

3 out of 4 manage UI daily

Over 50% NOT being treated

NOT seeking help because of:
• misinterpretation of symptoms
• misbelieves
• unawareness
• shame

Many of those who received treatment are NOT cured

WHERE DO PEOPLE > 65 WITH DAILY UI LIVE AND HOW DO THEY MANAGE?

- 50,4% independent at home
- 41,5% dependent on care of others at home
- 8,1% dependent on care of others in institution

Source: Institutions from OECD data: long term care recipients in institutions, Dependent at home: calculated by using population with severe limitations (from Eurostat) -/- long term care recipients in institutions (OECD), independent: calculated by: total population (from EIU country fact sheet) -/- dependent at home -/- institution.
INCONTINENCE IS A HUGE HEALTH CARE PROBLEM!

Driving outcomes in continence care, creating a win-win for patients, carers and health systems is very important given the size of the population afflicted and the diversity of the group.