

Behavioral treatment, physical activity aids urinary incontinence

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(HealthDay)—For frail older women, combining behavioral urinary

incontinence (UI) treatments with physical activity may improve UI, according to a study published online March 1 in the *Journal of the American Geriatrics Society*.

Kristine M.C. Talley, Ph.D., from the University of Minnesota in Minneapolis, and colleagues examined whether combining behavioral UI treatments with [physical activity](#) improved UI in 42 frail women (mean age, 84.9 ± 6.4 years) without dementia. The intervention comprised a 12-week program of customized behavioral UI treatments plus walking and strength training classes.

The researchers found that there was a 50 percent reduction in daily leaks in the treatment group, while the control group reported no change ($P = 0.04$). There were no between-group differences in total International Consultation on Incontinence Questionnaire (ICIQ) scores ($P = 0.66$), but significantly greater improvement was seen on the ICIQ item for urine leakage in the treatment group ($P = 0.01$). Improvement in UI was reported by >81 percent of the treatment group and 36 percent of the control group ($P = 0.01$), with a mean estimated percentage improvement of 65.3 ± 32 and 34.1 ± 41.3 , respectively ($P = 0.03$). Treatment group participants improved their toileting skills, while those of the control group declined (Performance Oriented Timed Toileting Instrument: $P = 0.42$; Minnesota Toileting Skills Questionnaire: $P = 0.11$).

"Larger trials are needed to determine whether these findings can be replicated and sustained," the authors write.

More information: [Abstract](#)
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