Results

The results of this study were presented in (16) tables and (5) figures. They include the following:

Part (1): Socio–demographic characteristics of the study subjects, such as (age, level of education, residence, occupation, marital status, family history, anthropometric measurements, obstetric history, menstrual history and incontinent history. Tables (1, 2, 3, 4). Figures. (1, 2, 3).

Part (II): Predisposing factors of urinary incontinence such as previous medical & surgical history, current medical history, daily habits and signs of urinary incontinence. Tables (5, 6, 7).

Part (III): Objective and subjective evaluation of women before and after the pelvic floor muscles exercises program. Tables (8, 9, 10, 11, 12). Figures (4, 5).

Part (IV): Relationship between degree of urinary incontinence and women's demographic characteristics and relation between degree of improvement and women's demographic characteristics and predisposing factors of urinary incontinence. Tables (13, 14, 15, 16).

Part (1): Socio-demographic characteristics of the study subjects.

Table (1): Distribution of the subjects according to [socio-demographic characteristics.

Items	Study group n= 50		Control group n= 50		Total n= 100		X^2 & p value
	No	%	No	%	No	%	
***Age/ years**							
20 - 29	5	10.0	5	10.0	10	10.0	
30 -39	16	32.0	17	34.0	33	33.0	
40 - 50	29	58.0	28	56.0	57	5 7.0	
X ± SD	**49.12 ± 12.76**		**46.46 ±12.38**		**47.79 ± 12.58**		
*** Residence**							
-Urban	12	24.0	8	16.0	20	20.0	**36.0 >0.05**
-Rural	38	76.0	42	84.0	80	80.0	
***Occupation**							
-Working	18	36.0	17	34.0	35	35.0	**9.0 >0.05**
-House wife	32	64.0	33	66.0	65	65.0	
***Marital status**							
- Married	44	88.0	45	90.0	89	89.0	**13.8 >0.05**
-Divorced	2	4.0	1	2.0	3	3.0	
- Widowed	4	8.0	4	8.0	8	8.0	
***Family history of incontinence**							
-Positive	28	56.0	27	54.0	55	55.0	**3.24 >0.05**
- Negative	22	44.0	23	46.0	45	45.0	

This table showed that, the mean age in study group and control group was (49.12 ± 12.76) and (46.46±12.38) years respectively. The majority of women (80.0%) live in rural area, more than half of them (64%, 66%) are house wives, 88%, 90% are married and (56%, 54%) have positive family history of incontinence in the study and control group respectively. No statistically

significant differences could be detected between the two groups regarding the previous variables (p >0. 05).

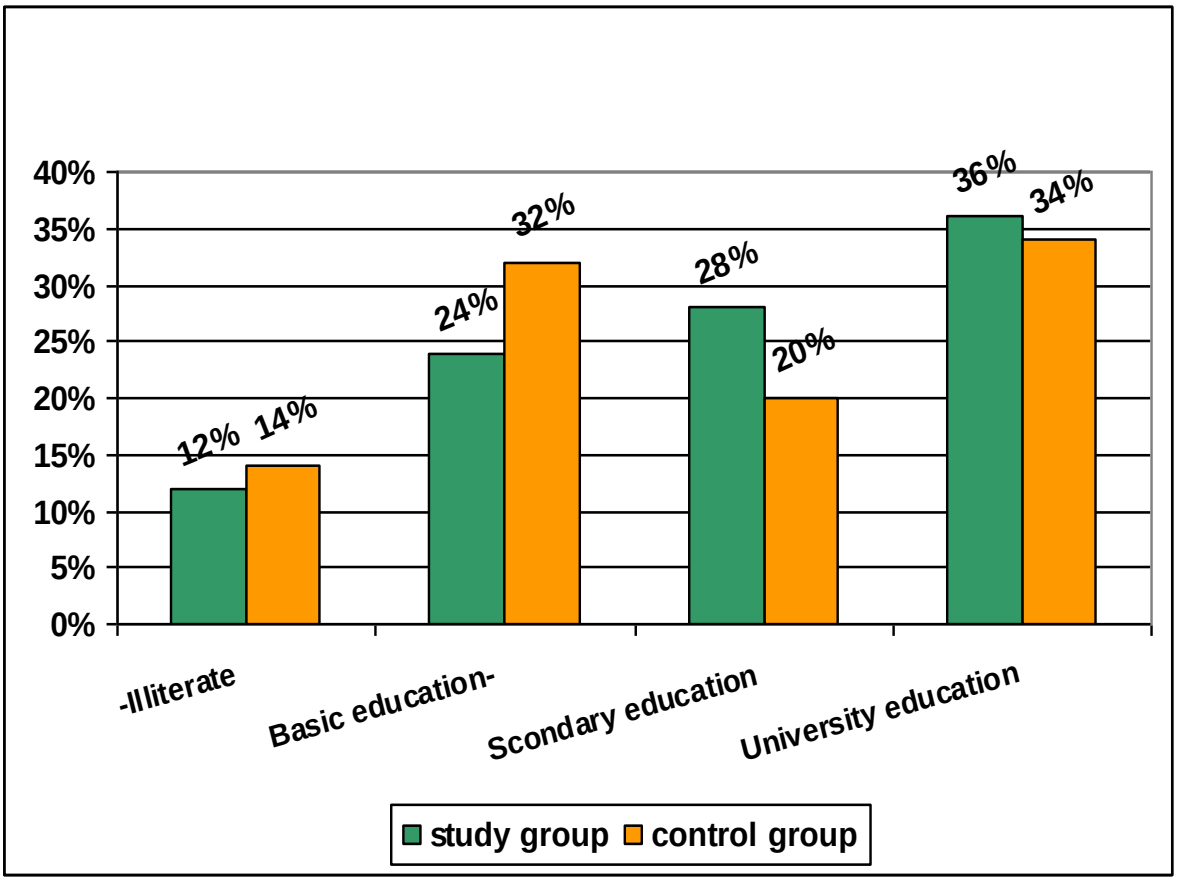

Fig (1): Distribution of subjects according to the educational level

This figure showed that about one third of study and control groups (36%, 34%) had university degree, while (12.0%, 14.0%) were illiterate.

Table (2): Anthropometric measurements of the study and control group.

Items	Study group	Control group	p value
	$\bar{X}$ ± SD	$\bar{X}$ ± SD	
Weight	79.62 ± 10.99	80.6 ± 9.93	**>0.05**
Height	164.48 ± 4.40	163.44 ± 3.38	**>0.05**
Body mass index (BMI)	31.50 ± 0.89	33.99 ± 0.99	**>0.05**

This table showed that, the mean of weight (79.62 ± 10.99) kg in the study group and (80.6±9.93) kg in the control group, while the mean of height (164.48±4.40) cm and (163.44 ±3.38) cm in the two groups respectively. And the mean of body mass index **(**31.50 ± 0.89) kg/m² and (33.99 ± 0.99) in the study and control groups respectively. No statistically significance differences is detected between the two groups as regards weight, height & BMI (p value **>0.05**)

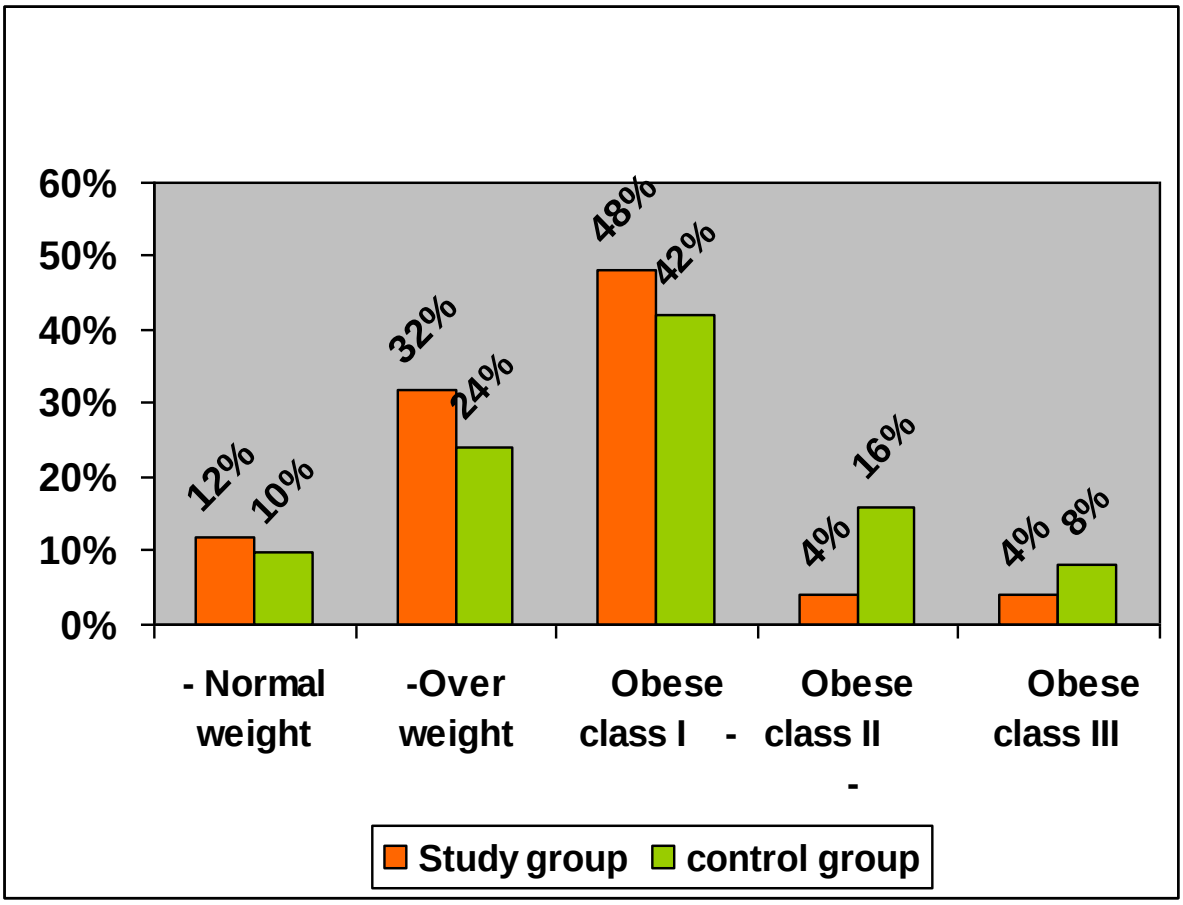

Fig (2): Distribution of body mass index of the study and control group.

This figure showed that less than half **(**48%, 42%) of the study and control groups had obesity class (1) respectively**.**

Table (3): Distribution of the subjects according to obstetric and menstrual history.

Items	Study group		Control group		P value
	n = 50		n= 50		
	No	%	No	%	
*** Gravidity**					
$\bar{X}$ ± SD	3.8 ± 0.53		3.5 ± 0.49		>0.05
***Parity**					
-Primi Para	15	30.0	16	32.0	>0.05
- Multi Para	35	70.0	34	68.0	
***No. of vaginal delivers**	no= 41		no= 39		>0.05
X ± SD	3.70 ± 0.61		3.30 ±1.03		
*** No. of assisted vaginal delivery (by forceps or ventouse)**	no= 41		no= 39		>0.05
	3	7.3	2	5.1	
***No. of cesarean section**	no = 9		no = 11		>0.05
$\bar{X}$ ± SD	2.88 ±0.92		2.90 ± 0 .80		
*** Number of abortions**					
X ± SD	1.52 ± 0.67		1.44 ± 0.61		>0.05
	no= 50		no= 50		
*** Previous perineal tear**	11	26.8	13	33.3	>0.05
***Over stretching of pelvic floor muscles (large baby)**	10	20.0	9	18.0	
*** Prolonged labor**	10	20.0	12	24.0	
*** Fundul pressure during labor**	20	40.0	23	42.0	
* **Previous hysterectomy**	1	2.0	0	0.0	
*** Menstrual cycle**					
-Amenorrhea(menopause)	10	20.0	13	26.0	>0.05
*** Duration of amenorrhea/ years**					
$\bar{X}$ ± SD	2.043 ± 0. 70				

This table showed that the mean of gravidity was (3.8 ± 0.53) and (3.5 ± 0.49) in the two groups respectively, more than half (69.0%) of the two groups were multipare. The mean of vaginal deliveries was (3.70± 0.61) and (3.30 ±1.03), cesarean section was (2.88 ± 0.92) and (2.90 ± 0.80) and mean of abortions (1.52 ± 0.67) & (1.44 ± 0.61) among the two groups respectively.

About one third (26.8 & 33.3) in the two groups had previous perineal tears, and less than one quarter (20.0 % & 18.0%) had previous over stretching of pelvic floor muscles during normal labor. While (10.0 %, 12.0%) had previous prolonged labor and (2.0%) of the study group had previous hysterectomy. The mean duration of amenorrhea was (2.043± 0.70) years in the two groups. No statistically a significance difference is detected between the two groups as regards obstetric and menstrual history.

Table (4): Subjects distribution according to incontinence history.

Items	Study group		Control group		Total		X^2 & p value
	n= 50		n= 50		n= 100		
	No	%	No	%	No	%	
***Involuntary loss of urine in connection with sudden and strong urge to void**							
-Always	48	96.0	47	94.0	95	95.0	**81** >0.05
- Sometimes	2	4.0	3	6.0	5	5.0	
***Previous medical examination for incontinence**							
-Yes	10	20.0	14	28.0	24	24.0	16.0 >0.05
***Previous medical treatment of incontinence**							
-Yes	10	20.0	14	28.0	24	24.0	27.0 >0.05
*** Duration of incontinence/ years**							
$\overline{X}$ ± SD (2.29 ±1.10) /years							

This table showed that the majority of women in the study and control groups (96.0%, 94.0%) had involuntary loss of urine. About one quarter (24.0 %) had previous medical examination for incontinence. About one quarter (24.0 %) among the two groups had previous medical treatment of incontinence. Moreover, the mean duration of incontinence was (2.29±1.10)/ years. No statistically significant differences could be detected between the two groups regarding incontinence history**.**

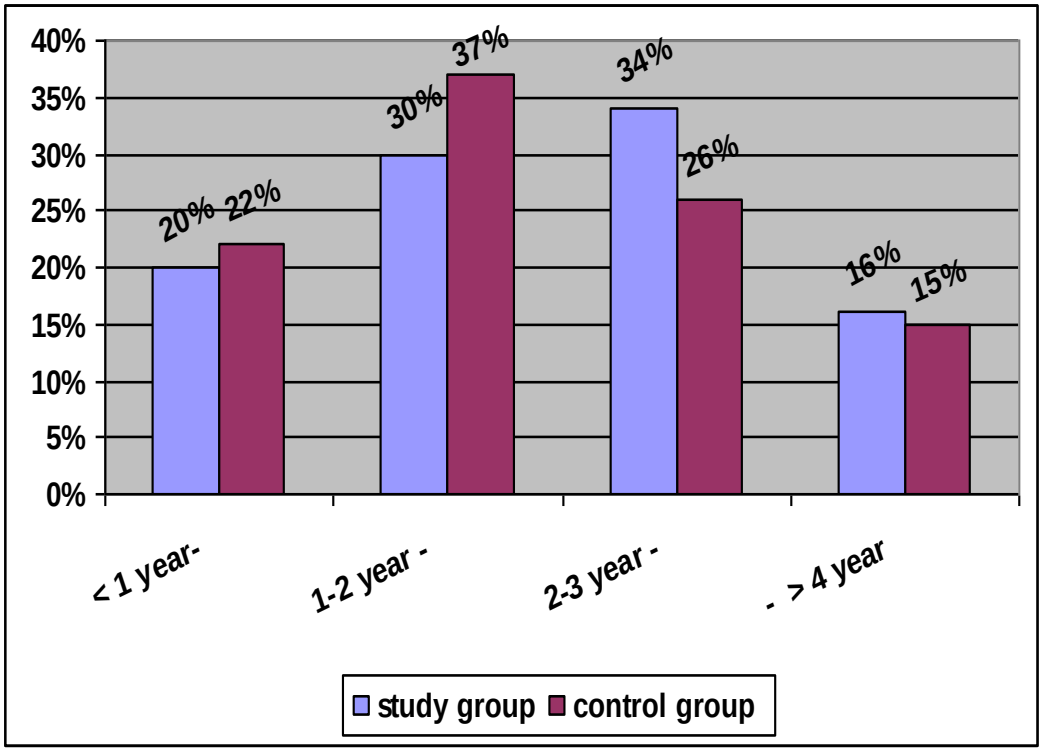

Fig (3): Subjects distribution according to duration of incontinence / years

This figure showed that, about one third (30 %, 37%) of study group & control groups had incontinence for 1-2 years respectively.

Part (II): Predisposing factors and signs of urinary incontinence

Table (5): Distribution of the subjects according to previous medical, surgical, & current medical history.

Item	Study group n= 50		Control group n= 50		Total n= 100		X^2	p value
	No	%	No	%	No	%		
							22.0	>0.05
Previous medical history	n = 33		n =35		n = 68			
-Previous spinal anesthesia	3	9.9	5	14.3	8	11.7		
-Previous hypnotic or tranquilizer drug	3	9.9	5	14.3	8	11.7		
- Previous insertion of urinary catheter	8	24.0	6	17.1	14	20.6		
- Pervious genital tract inflammation	9	27.3	7	20.0	16	23.5		
- Previous urinary tract inflammation	10	30.3	12	34.3	22	32.4		
Previous surgical history	N=34		N=36		N=70		16.0	>0.05
- lower urinary tract surgery	5	14.7	4	11.1	9	12.9		
- Pelvic surgery[	4	11.8	5	13.9	9	12.9		
- Vaginal surgery	5	14.7	7	19.4	12	17.1		
- Abdominal surgery	17	50.0	19	52.8	36	51.4		
Current medical history	N= 18		N=21		N=39		4.84	>0.05
- Hypertension	4	22.2	2	9.5	6	15.4		
- Constipation	8	44.4	8	38.1	16	41.0		
- Recurrent cough	2	11.2	4	19.1	6	15.4		
- Muscle weakness or arthritis	4	22.2	7	33.3	11	28.2		

This table showed that about one third of the two groups (32, 0%) had previous urinary tract inflammations, one half of them (51.0%) had previous abdominal surgery, and less half (41.0%) of them had constipation.

Table (6): Distribution of the subjects according to daily habits.

Item	Study group		Control group		Total		X^2	p value
	n = 50		n = 50		n = 100			
	NO	%	NO	%	NO	%		
- Drinking tea or coffee >2 cup / day	34	68.0	41	82.0	75	75.0	33.2	**>0.05**
-Drinking fluids ≤ 2 Liter /day	24	48.0	21	42.0	45	45.0	1.00	**>0.05**
- Drinking fluids ≥ 2 Liter /day	6	12.0	5	10.0	11	11.0	60.84	**>0.05**
Drinking of cola substance	12	24.0	10	20.0	22	22.0	13.7	**>0.05**
- Eating spicy food	18	36.0	21	42.0	39	39.0	33.6	**>0.05**
- Smoking	2	4.0	3	6.0	5	5.0	81.0	**>0.05**
-Medication for chronic disease	10	20.0	12	24.0	22	22.0	25.0	**>0.05**

This table illustrated that less than half of women in the two groups (45.0%) had fluid intake less than 1 liter/ day followed by eating spicy food (39.0%) as well as tea and coffee>2 cup / day represented by (75.0%). Only five percent (5.0%) of them were smoking, while (22.0%) of them had taking medications as treatment from chronic disease. .

Table (7): Subjects distribution according to signs of urinary incontinence.

Items	Study group n= 50		Control group n= 50		Total n= 100		X^2	p value
	NO	%	NO	%	NO	%		
- Emergency desire for urination								
-Always	49	98.0	47	94.0	96	96.0	92.16	>**0.05**
-Sometime	1	2.0	3	6.0	4	4.0		
-Number of voiding /day (8 time or more)								
-Always	48	96.0	49	98.0	97	97.0	88.3	>**0.05**
-Sometime	2	4.0	1	2.0	3	3.0		
-Emergency desire to void at night (causes wakeup >2 times)								
-Always	44	88.0	47	94.0	91	91.0	67.24	>**0.05**
-Sometime	6	12.0	3	6.0	9	9.0		
-Leakage before reaching the bath room								
-Always	42	84.0	44	88.0	86	86.0	51.8	>**0.05**
- Sometime	8	16.0	6	12.0	14	14.0		
-Pain or burning during urination								
-Always	14	28.0	10	20.0	24	24.0	27.0	>**0.05**
-Sometime	36	72.0	40	80.0	76	76.0		
-Complete evacuation of bladder after urination								
-Always	11	22.0	8	16.0	19	19.0	38.44	>**0.05**
- Sometime	39	78.0	42	84.0	81	81.0		
Cough or laughing or sneezing causing incontinence								
-Always	48	96.0	49	98.0	97	97.0	88.3	>**0.05**
- Sometime	2	4.0	1	2.0	3	3.0		
-Amount of urine leak each time								
-Drops	16	32.0	14	28.0	30	30.0	10.64	>**0.05**
-Small splashes	24	48.0	24	48.0	48	48.0		
- More	10	20.0	12	24.0	22	22.0		
-Blood associated with urine								

-Yes	1	2.0	2	4.0	3	3.0	88.3	**>0.05**
-No	44	88.0	45	90.0	89	89.0		
-Sometime	5	10.0	3	6.0	8	8.0		

This table illustrated that, the majority of women had the signs of urinary incontinence (urgency, frequency, incontinence before reaching bath room & cough or laughing or sneezing causing incontinence it represented by (over 90.0%), as well as more than three quarters (76.0%) of them had pain during urination, only (3.0%)of them had blood associated with urine. There were no statistical significant differences among the two groups ($p>0.05$) as regards signs of urinary incontinence. .

Part (III): Objective and subjective evaluation of women's before and after pelvic floor muscles exercise.

Table (8): Comparison of degree of urinary incontinence between study group and control group.

Degree of urinary incontinence	Study group n= 50		Control group n= 50		Total n= 100		X^2	p value
	NO	%	NO	%	NO	%		
-Mild	18	36.0	11	22.0	29	29.0	17.18	>0.05
-Moderate	25	50.0	27	54.0	52	52.0		
- Sever	7	14.0	12	24.0	19	19.0		

This table showed that, about one half (50.0%, 54.0 %) of the two groups had moderate degree of urinary incontinence, followed by mild degree (36.0% & 22.0%), as well as (14.0% & 24.0%) had sever degree of incontinence respectively, however the differences observed were not statistically significant among the two groups. .

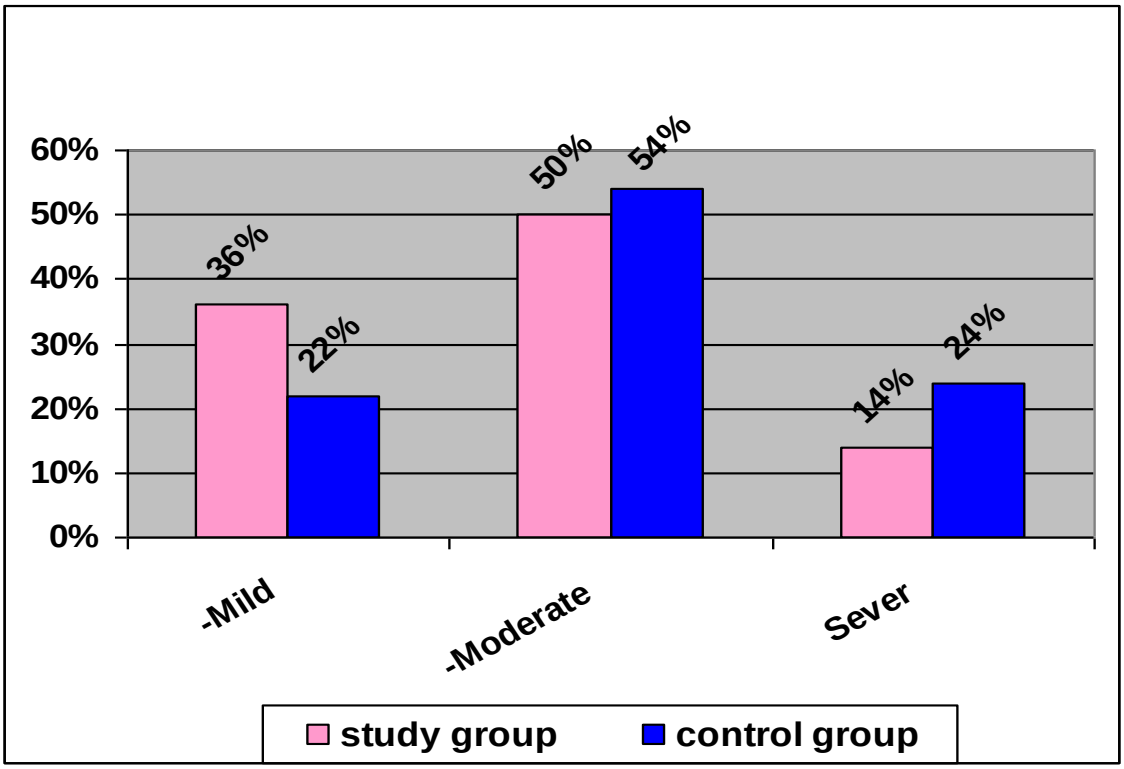

Fig (4): Degree of urinary incontinence between study and control group.

As shown in the above figure, about one half (50.0%, 54.0 %) of the two groups had moderate degree of urinary incontinence respectively.

Table (12): Comparison between study group and control group according to subjective patient response to pelvic floor muscles exercises.

Subjective evaluation	Study group n= 50		Control group n= 50		X^2	p value
	NO	%	NO	%		
Cured	21	42.0	15	30.0	1.58	< 0.001
improved	23	46.0	10	20.0		
unchanged	6	12.0	25	50.0		
Worse	0	0.0	0	0.0		

NB: - High significant relation at a level of ≤0.001

This table demonstrated highly statistically significant differences between the two groups regarding patient subjective evaluation of improvement. In the study group (42.0%) felt complete cure compared to (30.0%) in the control group. Also (46.0%) of study group were improved compared to (10.0%) in control group. While (12.0%) in study group reported unchanged condition, compared to (25.0%) in control group. The differences were highly statistically significant (P<0.001). .

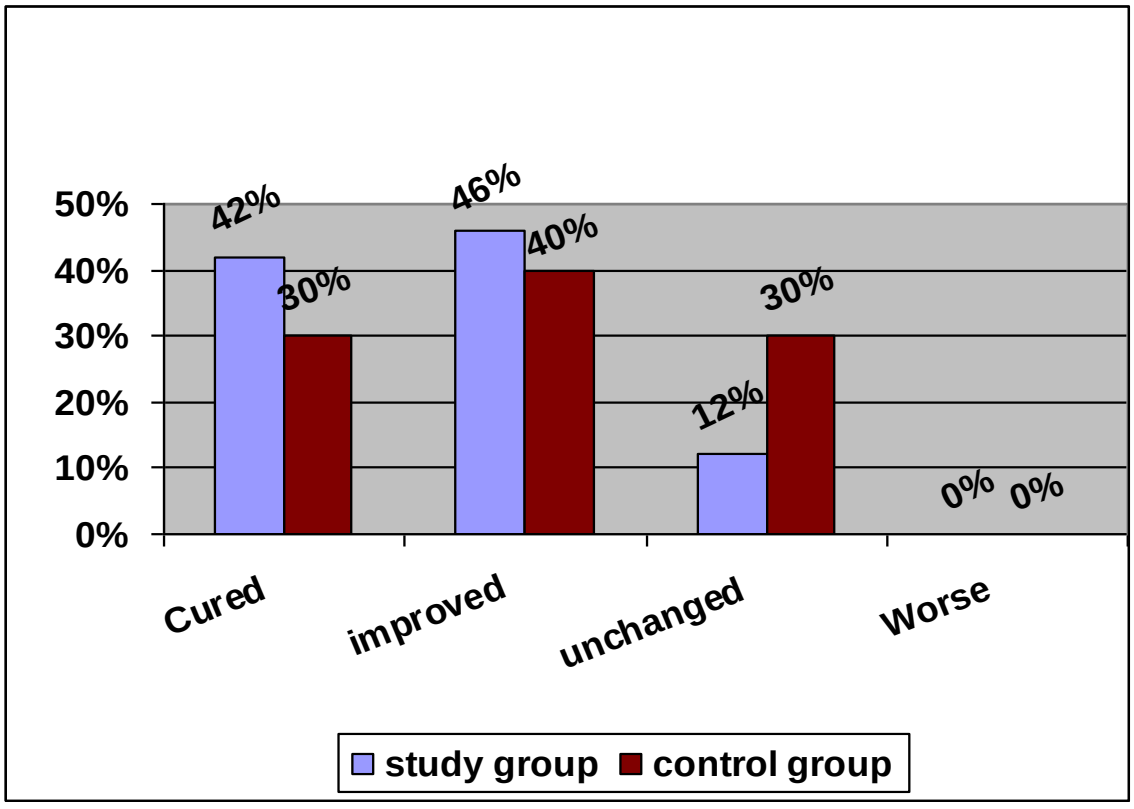

Fig (5): Subjective patient evaluation of the results after the pelvic floor muscles exercises.

This figure showed that, (42.0%) in the study group felt complete cure compared to (30.0%) in the control group. Also (46.0%) of study group were improved compared to (10.0%) in control group .

.

Part (IV): Relationship between degree of urinary incontinence and women's demographic data & relation between degree of improvement and demographic data and predisposing factor of urinary incontinence.

Table (13): Relationship between degree of urinary incontinence and demographic characteristics of the study subject.

Impact	Degree of urinary incontinence						X^2	p value
	Mild n =29		Moderate n =52		Sever n =19			
	NO	%	NO	%	NO	%		
***Age/ year**								
20- 29	2	7.0	8	15.4	0	0.0	4.38	< 0.05
30- 39	13	44.8	22	42.3	7	36.8		
40 - > 50	14	48.2	22	42.3	12	63.2		
*** Educational level**								
-Illiterate	9	31.0	11	21.2	4	21.1	26.52	> 0.05
-Basic education	8	27.6	1	1. 9	4	21.0		
-Secondary	9	31.0	19	36.5	0	0.0		
-University	3	10.4	21	40.4	11	57.9		
***Occupation**								
-Working	14	48.2	17	32.7	4	21.1	3.99	> 0.05
-House wife	15	51.8	35	67.3	15	78.9		
***Marital status**								
- Married	24	82.8	52	100.0	13	68.4	17.41	<0.001
-Divorced	2	6.8	0	0	1	5.3		
- Widowed	3	10.4	0	0	5	26.3		
*** parity**								
-Primi Para	9	31.0	19	36.5	3	15.8	2.80	<0.001

- Multi Para	20	69.0	33	63.5	16	84.2		

This table revealed that there were negative association between degree of incontinence and the educational level and occupation; meanwhile there were positive association between degree of incontinence and their age, occupation, marital status and the parity. .

Table (14): Subjects Distribution of the according to degree of improvement after the treatment by pelvic floor muscles exercise and medical treatment .

Degree of improvement	Study group		Control group		Total		X^2 & p value
	n= 50		n= 50		n= 100		
	%	NO	%	NO	%	NO	
-High	28	56.0	19	38.0	47	47.0	38.78 < 0.05
-Moderate	21	42.0	28	56.0	49	49.0	
-Not improved	1	2.0	3	6.0	4	4.0	

NB: - Significant relation at a level of ≤0.005

This table showed that there were statistically significant differences in the improvement between the two studied groups ($p < 0.05$) .

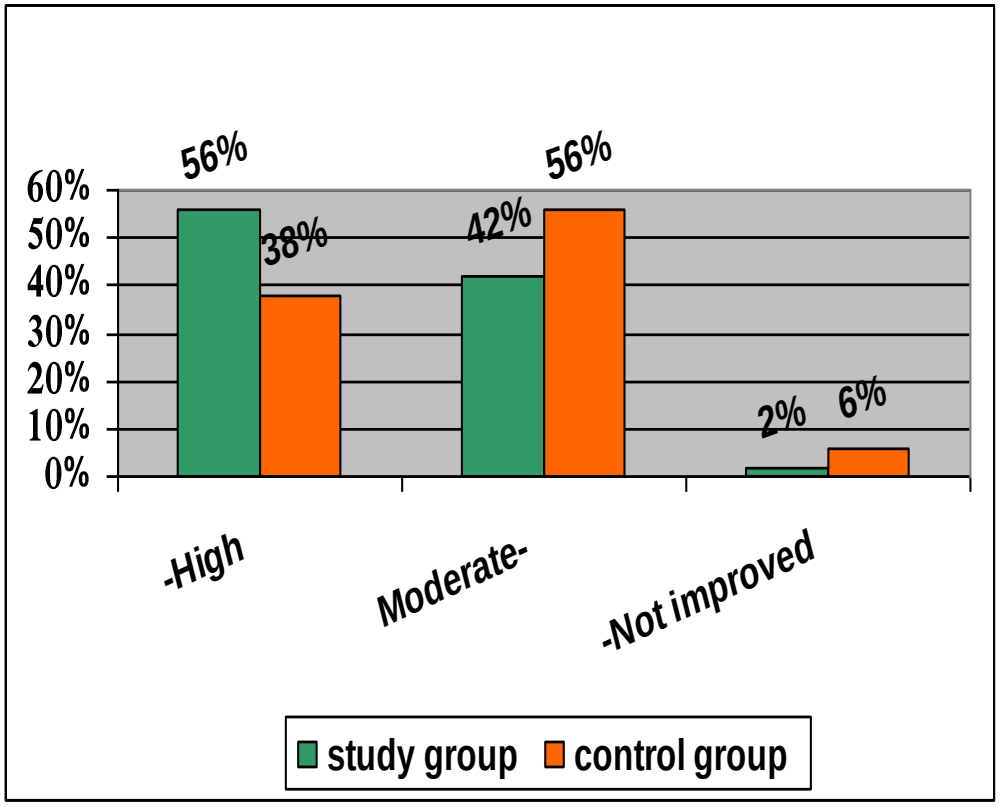

Fig (6): Degree of improvement

Table (15): Relationship between degree of improvement and women's demographic data.

Demographic data	Degree of Improvement						X^2 & p value
	High n =47		Moderate n =49		Not improved n =4		
	NO	%	NO	%	NO	%	
***Age/ year**							
20- 34	20	42.6	29	59.2	0	0.0	3.15 < 0.05
35- 40	19	40.4	18	36.7	0	0.0	
40 -50	8	17.0	2	4.1	4	100.0	
*** Educational level**							
-Illiterate	7	14.9	6	12.2	2	50.0	19.52 < 0.05
-basic education	8	17.0	5	10.2	2	50.0	
-Intermediate	16	34.0	12	24.5	0	0.0	
-High	16	34.0	26	53.1	0	0.0	

***Occupation**							
-Working	22	46.8	11	22.4	2	50.0	6.66 < 0.05
-House wife	25	53.2	38	77.6	2	50.0	
***Marital status**							
- Married	42	89.4	43	87.8	4	100.0	1.35 < 0.05
-Divorced	2	4.3	1	2.0	0	0.0	
- Widowed	3	6.4	5	10.2	0	0.0	
*** parity**							
-Primi Para	33	70.2	32	65.3	0	0	2.14 < 0.05
- Multi Para	14	29.8	17	34.7	4	4.0	

NB: - Significant relation at a level of ≤0.005

This table showed that there were statistically significant differences between the two studied groups ($p < 0.05$) related to degree of improvement and their age, educational level, occupation, marital status and parity .

Table (16): Relationship between degree of improvement and degree of urinary incontinence, duration of incontinence, BMI and duration of menopause .

Items	Degree of Improvement						X^2	p value
	High N=47		Moderate N=49		Not improved N=4			
	NO	%	NO	%	NO	%		
Degree of urinary incontinence							65.5	<0.001
- Mild	29	61.7	30	61.2	0	0.0		
- Moderate	16	34.1	15	30.6	0	0.0		
- Sever	2	4.2	4	8.2	4	100.0		
Duration of incontinence								
- Less than one year	23	48.9	23	46.9	2	50.0		
- 1-2 year	13	27.6	14	28.5	2	50.0	32.0	<0.001

- 2-3 year	9	19.2	6	12.3	0	0.0		
- Four year or more	2	4.3	6	12.3	0	0.0		
BMI								
- Normal weight	21	44.7	20	40.8	0	0.0	5.75	<0.001
-Over weight	12	25.5	18	36.7	0	0.0		
- Obese class I	7	14.9	5	10.2	0	0.0		
- Obese class II	5	10.6	3	6.1	0	0.0		
- Obese class III	2	4.3	3	6.1	4	100.0		
Duration of menopause							65.5	<0.001
<3 Years	10	62.5	14	56.0	0	0.0		
3- 4 years	4	25.0	7	28.0	0	0.0		
5-6 years	2	12.5	4	14.0	4	0.0		

NB: - High significant relation at a level of ≤0.001

This table showed that there were highly statistically significant differences between the two studied groups ($p < 0.001$) between the degree of improvement and degree of urinary incontinence, duration of incontinence, BMI and duration of menopause .

Table (12): Comparison of subjective patient response after three months of pelvic floor muscles exercises program.

Subjective evaluation	Study group n= 50		Control group n= 50		X^2	p value
	NO	%	NO	%		
Cured	21	42.0	15	30.0	1.58	< 0.001
improved	23	46.0	10	20.0		
unchanged	6	12.0	25	50.0		
Worse	0	0.0	0	0.0		

NB: - High significant relation at a level of ≤0.001

This table demonstrated highly statistically significant differences between the two groups regarding patient subjective evaluation of improvement. In the study group (42.0%) felt complete cure compared to (30.0%) in the control group. Also (46.0%) of study group were improved compared to (10.0%) in control group. While (12.0%) in study group reported unchanged condition, compared to (25.0%) in control group. The differences were highly statistically significant (P<0.001).

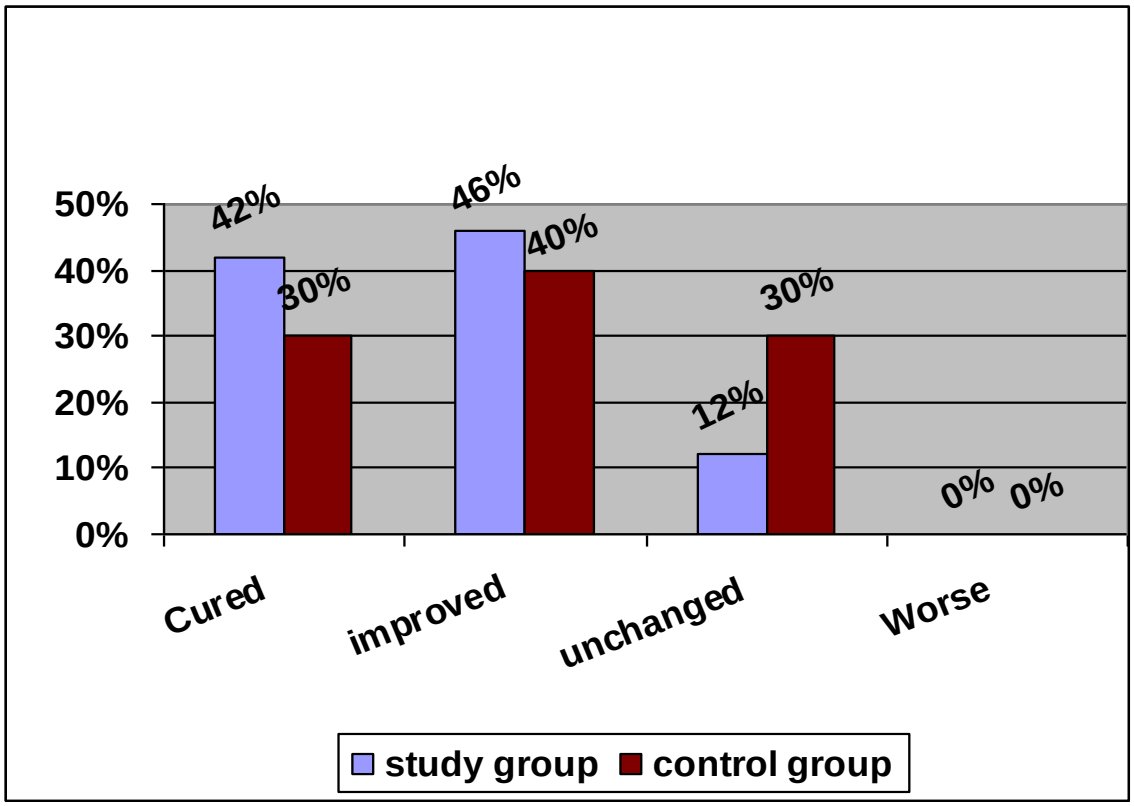

Fig (5): Subjective patient response after three months of pelvic floor muscles exercises.

This figure showed that, (42.0%) of the study group felt completely cure compared to (30.0%) in the control group. Also (46.0%) of study group felt improve compared to (10.0%) in control group .

Part (IV): Relationship between degree of urinary incontinence and women's demographic data & relation between degree of improvement and demographic data and predisposing factor of urinary incontinence.

Table (13): Relationship between degree of urinary incontinence and demographic characteristics of the study subjects.

Impact	Degree of urinary incontinence						X^2	p value
	Mild n =29		Moderate n =52		Sever n =19			
	NO	%	NO	%	NO	%		
***Age/ year**								
20- 29	2	7.0	8	15.4	0	0.0	4.38	**< 0.05**
30- 39	13	44.8	22	42.3	7	36.8		
40 - > 50	14	48.2	22	42.3	12	63.2		
*** Educational level**								
-Illiterate	9	31.0	11	21.2	4	21.1	26.52	> 0.05
-Basic education	8	27.6	1	1. 9	4	21.0		
-Secondary	9	31.0	19	36.5	0	0.0		
-University	3	10.4	21	40.4	11	57.9		
***Occupation**								
-Working	14	48.2	17	32.7	4	21.1	3.99	> 0.05
-House wife	15	51.8	35	67.3	15	78.9		
***Marital status**								
- Married	24	82.8	52	100.0	13	68.4	17.41	**< 0.05**
-Divorced	2	6.8	0	0	1	5.3		
- Widowed	3	10.4	0	0	5	26.3		
*** parity**								
-Primi Para	9	31.0	19	36.5	3	15.8	2.80	**< 0.05**
- Multi Para	20	69.0	33	63.5	16	84.2		

This table revealed negative association between degree of incontinence and educational level and occupation ($p>0.05$), while there were positive association between degree of incontinence and age, marital status and the parity. ($p<0.05$).

.

Table (14): Subjects distribution according to degree of improvement after three months of pelvic floor muscles exercise.

Degree of Improvement	Study group		Control group		Total		X^2 & p value
	n= 50		n= 50		n= 100		
	%	NO	%	NO	%	NO	
-High	28	56.0	19	38.0	47	47.0	38.78 < 0.05
-Moderate	21	42.0	28	56.0	49	49.0	
-Not improved	1	2.0	3	6.0	4	4.0	

NB: - Significant relation at a level of ≤0.005

This table showed that there were statistically significant differences in the improvement between the two groups. ($p<0.05$). (56.0%) of the study group had high degree of improvement compared by (38.0%) in the control group. .

.

Table (15): Relationship between degree of improvement and women's demographic characteristic.

Demographic characteristic	Degree of improvement						X^2 & p value
	High n =47		Moderate n =49		Not improved n =4		
	NO	%	NO	%	NO	%	
***Age/ years**							
20- 34	20	42.6	29	59.2	0	0.0	3.15 < 0.05
35- 40	19	40.4	18	36.7	0	0.0	
40 -50	8	17.0	2	4.1	4	100.0	
*** Level of education**							
-Illiterate	7	14.9	6	12.2	2	50.0	19.52 < 0.05
-basic education	8	17.0	5	10.2	2	50.0	
-Intermediate	16	34.0	12	24.5	0	0.0	
-High	16	34.0	26	53.1	0	0.0	
***Occupation**							
-Working	22	46.8	11	22.4	2	50.0	6.66 < 0.05
-House wife	25	53.2	38	77.6	2	50.0	
***Marital status**							
- Married	42	89.4	43	87.8	4	100.0	1.35 < 0.05
-Divorced	2	4.3	1	2.0	0	0.0	
- Widowed	3	6.4	5	10.2	0	0.0	
*** parity**							
-Primi Para	33	70.2	32	65.3	0	0	2.14 < 0.05
- Multi Para	14	29.8	17	34.7	4	4.0	

NB: - Significant relation at a level of ≤0.005

This table showed that there were statistically significant differences between the two groups ($p < 0.05$) related to degree of improvement and age, educational level, occupation, marital status and parity .

Table (16): Relationship between degree of improvement and degree of urinary incontinence, duration of incontinence, BMI and duration of menopause.

Items	Degree of Improvement						X^2	p value
	High n=47		Moderate n=49		Not improved n=4			
	NO	%	NO	%	NO	%		
Degree of urinary incontinence							65.5	<0.001
- Mild	29	61.7	30	61.2	0	0.0		
- Moderate	16	34.1	15	30.6	0	0.0		
- Sever	2	4.2	4	8.2	4	100.0		
Duration of incontinence							32.0	<0.001
- Less than one year	23	48.9	23	46.9	2	50.0		
- 1-2 year	13	27.6	14	28.5	2	50.0		
- 2-3 year	9	19.2	6	12.3	0	0.0		
- Four years or more	2	4.3	6	12.3	0	0.0		
BMI								
- Normal weight	21	44.7	20	40.8	0	0.0	5.75	<0.001
-Over weight	12	25.5	18	36.7	0	0.0		
- Obese class I	7	14.9	5	10.2	0	0.0		
- Obese class II	5	10.6	3	6.1	0	0.0		
- Obese class III	2	4.3	3	6.1	4	100.0		
Duration of menopause							65.5	<0.001
<3 Years	10	62.5	14	56.0	0	0.0		
3- 4 years	4	25.0	7	28.0	0	0.0		
5-6 years	2	12.5	4	14.0	4	0.0		

NB: - High significant relation at a level of ≤0.001

This table showed that there were highly statistically significant differences between the two groups ($p < 0.001$) between the degree of improvement and degree of urinary incontinence, duration of incontinence, BMI and duration of menopause.