

## **Women's attitude towards prevention and rehabilitation of stress urinary incontinence**

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### **ABSTRACT**

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**Introduction:** Stress urinary incontinence (SUI) is a troublesome and embarrassing problem for many people. It is five times more common in women than in men. Although the ailment can be treated, prevention is of the highest importance. Dissemination of the knowledge of prevention and rehabilitation would contribute to the improvement of life quality among women at risk of SUI.

**Purpose:** Assessment of women's attitude towards prevention and rehabilitation of SUI.

**Materials and methods:** The study was performed in a group of 280 women treated in the Department of

Gynecology and Oncological Gynecology, University Hospital in Bialystok. A proprietary questionnaire was used for data collection.

**Conclusions:** Women with SUI have poor knowledge of its preventive measures. Health-promoting actions in the field of prevention and rehabilitation of SUI should become intensified, which requires more substantial involvement of nursing staff.

**Key words:** Stress urinary incontinence (SUI), prevention, rehabilitation

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