

## INTRODUCTION

- 1 Current literature suggests female athletes have higher rates of stress urinary incontinence (SUI) compared to their age and gender matched counterparts.
  - 2 The prevalence of SUI in the female gymnastics community is poorly understood.
  - 3 Stress urinary incontinence (SUI) in female gymnasts negatively affects their quality of life and can be associated with higher rates of depression, anxiety, and low self-esteem.
- It is unclear:**
- a) The prevalence of SUI in the female gymnastics community
  - b) The emotional impact of SUI on these gymnasts

## OBJECTIVES

### DEFINE

THE PREVALENCE OF SUI  
IN FEMALE GYMNASTICS

### COMPARE

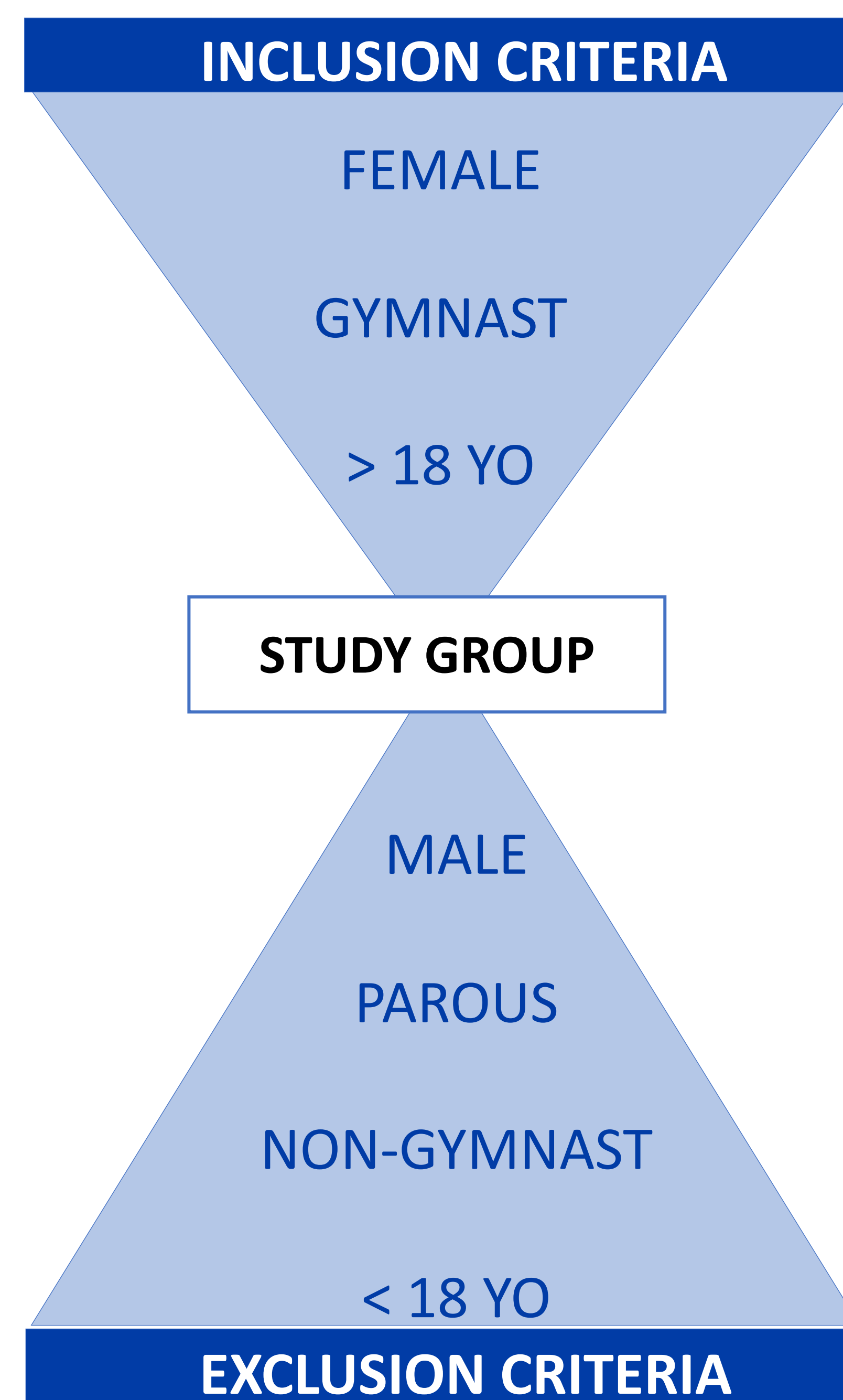
TO AGE AND GENDER  
MATCHED CONTROL

### UNDERSTAND

WHERE THE ISSUE LIES  
IN CONVERSATION

## METHODS

- 1 A survey created on Qualtrics was distributed via email to gymnastics coaches and ex-gymnasts to distribute to their fellow gymnasts over the age of 18.
- 2 A similar survey was distributed to the control group with OUWB google group email (control group: age and gender matched medical students).
- 3 Compensation was provided to participants in the study group to encourage participation.
- 4 Data was analyzed and statistical comparison was done by student's T test.



## RESULTS

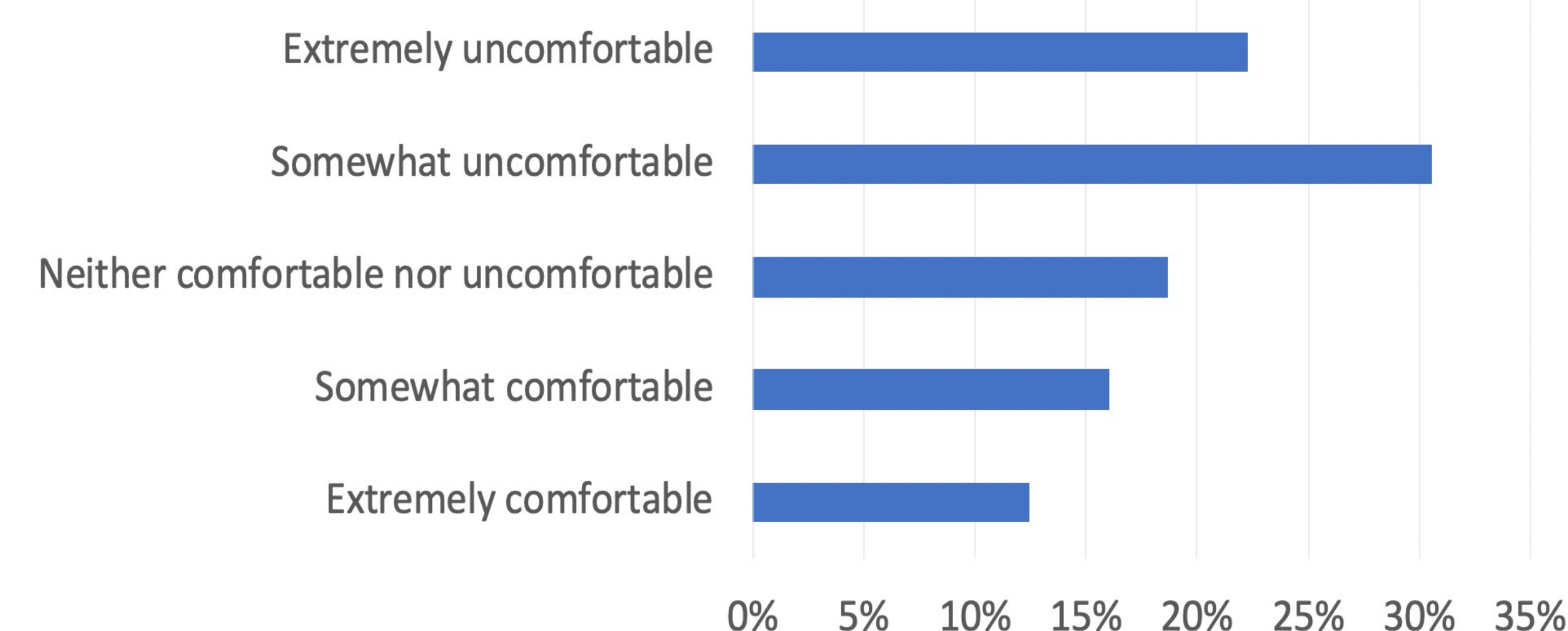


Figure 2: Comfort level of gymnasts in talking about their SUI experiences with their teammates or coaches.

**96.50%** (n=200) of female gymnasts experience SUI during gymnastics training. 42.86% (n=98) of the control group reported experiencing a urine leak at least once in their life ( $P < 0.0001$ ).

**22.80%** of gymnasts and no control group members reported their urine leaks as an extreme problem ( $P = < 0.0001$ ) (figure 1).

The majority of female gymnasts stated they are "**somewhat uncomfortable**" talking about their SUI (Figure 2).

**63.21%** of gymnasts and 20.00% of the control reported that finding a solution for their incontinence was important to them ( $P = < 0.0001$ ).

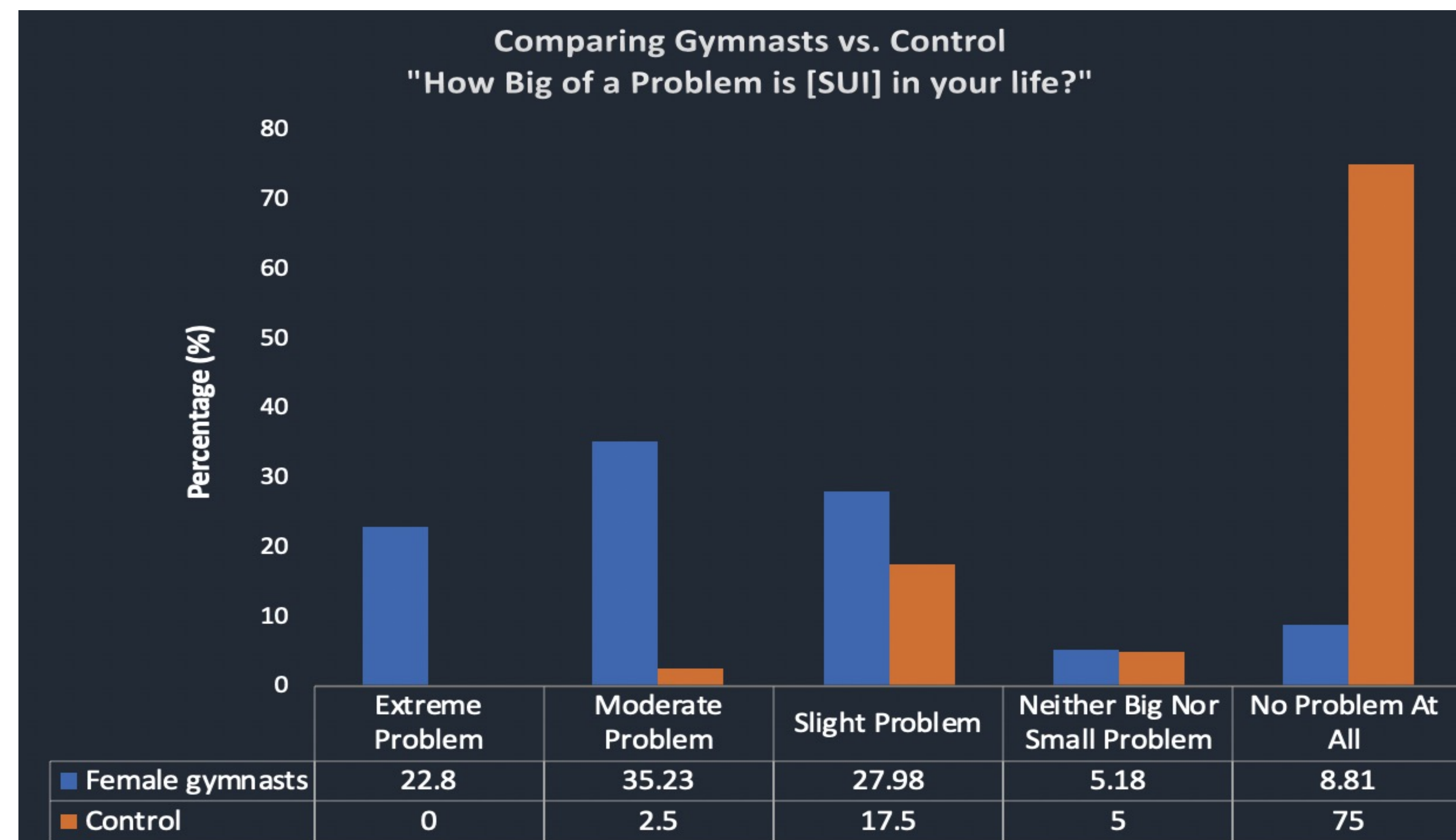


Figure 1: Comparing gymnasts vs. control group "How Big of a Problem is [SUI] in your life?"

## CONCLUSIONS

- 1 A significantly greater proportion of female gymnasts experience SUI during gymnastics training than the control population reported experiencing in their lifetime.
- 2 Female gymnasts are overall uncomfortable talking about their SUI.
- 3 There was a significant difference between gymnasts and the control group regarding the importance of a solution. Finding a solution for SUI was more important to the gymnasts compared to the control population.

### Free Text Comments from Female Gymnasts

"Please let me know if there is any way [we] could solve this problem! Thank you."

"If there is anything [that] would reduce leaking, that would be great. I could never forget the first time I had it. So embarrassed."

"It bothered me a lot when I was a teenager. If there is anything I could do to stop it, please let me know. I really appreciate it!"

"I still leak even after stopping gymnastics"