



DO YOU SUFFER FROM URINARY INCONTINENCE?

We are currently looking for women aged 60 and older, who experience involuntary losses of urine associated with effort (coughing, sneezing, physical activities) and an urgent need to urinate, to participate in a study designed to compare the effectiveness of two physiotherapy treatments for urinary incontinence.

This study is conducted by:

Research Centre of the Institut Universitaire de
Gériatrie de Montréal, Montréal

Étienne-Le Bel Clinical Research Centre, Sherbrooke



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We are currently recruiting women **60 years and older** with **urinary incontinence** for a study on pelvic floor exercises.



The aim of the study is to compare the effectiveness of two types of physiotherapy treatments for urinary incontinence in women 60 years and older

URINARY INCONTINENCE

Over 60, upwards of **55% of women suffer from urinary incontinence**. Often underestimated, this problem can lead to isolation and the loss of self-confidence and autonomy. It can also cause physical symptoms such as pressure ulcers and urinary tract infections, in addition to increasing the risk of falls and the likelihood of being institutionalized.

WHAT ARE THE TREATMENT OPTIONS?

The primary treatments for urinary incontinence include physiotherapy, pharmacotherapy and surgery options.

This project will study physiotherapy treatments. These include pelvic floor exercises offered in groups or individually and exercises combined with either verbal feedback or vaginal weights. Each type of treatment has its advantages.

This study seeks to compare the effectiveness of two types of commonly-used physiotherapy treatments for urinary incontinence.

WHO CAN PARTICIPATE IN THE STUDY?

Women aged 60 and older, who suffer from an involuntary loss of urine associated with effort and an urgent need to urinate, are invited to participate.

Other selection criteria apply; these will be verified during a telephone interview.

FIVE STUDY COMPONENTS

This study involves **participating in:**

- A. An initial three-part evaluation:
 - 1) interviews (questionnaires)
 - 2) a physical assessment
 - 3) a gynaecological assessment
- B. An innovative 12-week program (one-hour per week) with a physiotherapist to strengthen the pelvic floor muscles.
- C. Additional exercises to do at home
- D. An evaluation after 12 weeks of training
- E. A follow-up evaluation after one year

BENEFITS LINKED TO PARTICIPATING

Resource materials:

- Information sheets with tips and advice on how to prevent and treat urinary incontinence
- A pelvic-floor-muscle home exercise program

Intervention:

The treatment you receive may improve your knowledge of urinary incontinence and may reduce your symptoms.

RESEARCHERS

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HOW DO I PARTICIPATE IN THIS STUDY?

Contact us:

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