



## Evaluation of mycational and sexual complaints in women practicing physical activity

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The pelvic floor has the function of supporting the pelvic organs. In women, changes in the pelvic musculature can result in urinary incontinence, pelvic organ prolapses and other disorders, which may include sexual disorders. The aim of this study was to assess sexual and voiding dysfunctions among women who practice physical activity. A cross-sectional observational study was carried out, with 31 female patients, aged between 20 and 35 years ( $26.0 \pm 4.2$ ), divided into group G1 with 18 women practicing physical activity with practice time less than 3 years and the G2 group with 13 women practicing physical activity for more than 3 years. As evaluation instruments were used: The International Consultation on Incontinence Questionnaire (ICIQ –SF) and the ICIQ-VS questionnaire. The results showed a greater severity of voiding symptoms in women in group G2, with a severity score of 6.0 and group G1 had a severity score of 3.1, chi-square=5.19 and  $p=0.07$ . Regarding vaginal symptoms, G2 showed a prevalence of 61.5%, which may be indicative of POP. In the present study, a high prevalence of UI symptoms was observed in women who practice physical activity, when related to the time of practice, there was the presence of mild UI in Group G1 and moderate in Group G2 ( $p=0.07$ ), presenting a higher impairment of the quality of life of the G2 group ( $p=0.01$ ).

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