

Table 4 Pattern of care seeking with urinary incontinence by male and female patients

| Care seeking | Males (n = 113) | | Females (n = 240) | | P-value |
|--|-----------------|------|-------------------|------|--------------------|
| | No. | % | No. | % | |
| Reason for help seeking | | | | | |
| Fear of serious underlying disease | 35 | 30.9 | 25 | 10.4 | 0.004 |
| Presence of significant distress and impact on quality of life | 22 | 19.5 | 102 | 42.5 | |
| To get treatment for symptoms | 29 | 25.7 | 42 | 17.5 | |
| To get a diagnosis | 14 | 12.4 | 39 | 16.3 | |
| Because previous treatment was unsatisfactory | 13 | 11.5 | 32 | 13.3 | |
| Previously sought medical help | | | | | |
| No | 54 | 47.8 | 63 | 26.3 | 0.003 |
| Surgery | 23 | 20.4 | 50 | 20.8 | |
| Medications | 32 | 28.3 | 92 | 38.3 | |
| Behavioural therapies ^a | 4 | 3.5 | 35 | 14.6 | |
| Self-care practices (coping mechanisms)^b | | | | | |
| None | 45 | 39.8 | 34 | 14.2 | < 0.001 |
| Going to the toilet often | 10 | 8.8 | 18 | 7.5 | 0.827 |
| Reducing fluid intake | 8 | 7.1 | 23 | 9.5 | 0.628 |
| Avoiding sexual intimacy | 0 | 0.0 | 5 | 2.1 | 0.725 ^c |
| Avoiding activities that might provoke incontinence | 7 | 6.2 | 34 | 14.2 | 0.007 |
| Wearing adult incontinence pads or diapers | 20 | 17.8 | 46 | 19.1 | 0.624 |
| Changing underwear frequently | 14 | 12.4 | 39 | 16.3 | 0.073 ^c |
| Frequent washing | 9 | 7.9 | 41 | 17.1 | < 0.001 |
| Delay in seeking care (days) | | | | | |
| ≤ 30 | 71 | 62.8 | 162 | 67.5 | 0.682 |
| 31-90 | 23 | 20.4 | 46 | 19.2 | |
| > 90 | 19 | 16.8 | 32 | 13.3 | |
| Health care resource utilization | | | | | |
| Hospital outpatient care | 81 | 71.7 | 203 | 84.6 | 0.002 |
| Inpatient hospitalization | 32 | 28.3 | 37 | 15.4 | |
| Use of diagnostic procedures | 49 | 43.4 | 40 | 16.7 | < 0.001 |
| Recommended treatment options | | | | | |
| Surgery | 28 | 24.8 | 32 | 13.3 | 0.013 |
| Medication | 80 | 70.8 | 205 | 85.4 | |
| Behavioural therapies ^a | 5 | 4.4 | 3 | 1.3 | |
| Duration of hospital stay [mean (SD) days] | 6.8 (2.3) | | 3.3 (1.5) | | 0.023 ^d |

^aBehavioural therapies include pelvic floor muscle exercises, biofeedback, bladder training and practising timed urination.

^bCategories are not mutually exclusive.

^cFisher exact test; ^dMann-Whitney U-test.

SD = standard deviation.