Abstract #498

ATFILETIC INCONTINENCE IN WOWEN PRACTICING CROSSFIT

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Introduction	Results
During high-impact and high-intensity sports, the complaint of urine loss is recurrent. Women who perform this type of activity are more likely to urinary loss compared to sedentary women in the same age group. For the condition in which the woman loses urine only during physical exercise, the term "Athletic Incontinence" (AI) has been used. Even though it is not official, the terminology (terminology) brings into focus the symptoms	1119 women participated in the survey, Thus, she was questioned about the loss of urine before practicing these high-impact exercises, and the results showed a prevalence of 63.4% (n=709) of women who did not lose urine before practicing CrossFit [®] and who did not lose urine in any other situation, only during the practice of the exercise . Having become pregnant and performing pelvic floor exercise were configured as protective variables for athletic incontinence, considering

exercise, without loss of urine at other times or activities .

Crossfit[®] is a model of physical activity characterized as high-impact. Thus, it is necessary to analyze the prevalence of urinary incontinence in the lives of women's that practice Crossfit[®] in order to relate the prevalence of athletic incontinence with the practice of high-impact exercises.

Aim

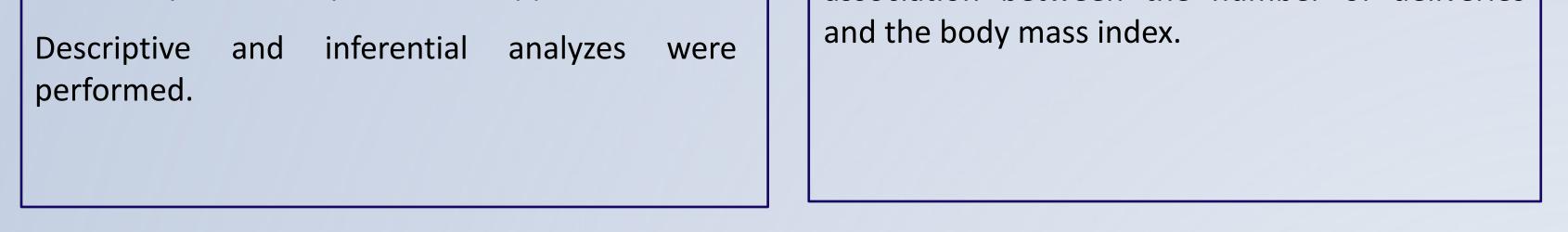
To analyze the occurrence of athletic incontinence in women's practice Crossfit[®].

and 0.654 respectively .

					95% C.I.for EXP(B)	
	Wald	df	Sig.	Exp(B)	Inferior Limit	Upper Limit
Age	.972		0.324	0.991	0.972	1.009
Weight	1.862	1	0.172	0.984	0.961	1.007
Body massa index	11.272	1	0.001	1.130	1.052	1.214
Number of births	11.406	1	0.001	1.367	1.140	1.639
v aginai deriveries	1.590	1	0.200	1.131	0.934	1.309
Crossfit Practice time	.072	1	0.788	1.001	0.996	1.005
Constant	-2.555	1	0.000	0.078	-	

However, the results indicate that for each birth a woman's chance of having athletic incontinence increases by 1.3, and each point increase in Body Mass Index increases the chance of having athletic incontinence by 1.13 times.

Method	Concluding Message		
Cross-sectional study;	The study showed high rates of Athletic		
The sample consisted of 1119 women; Data analysis with a quantitative approach;	Incontinence (63.4%), with an important association between the number of deliveries		



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