

Nordic Survey on Urinary Dysfunction 2011-2012

International / Nordic Report



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About survey and respondents

The survey is made by Kompas Kommunikation on behalf of Astellas Denmark from the 6th of October 2011 to the 29th of November 2011.

6.462 respondents from Denmark (1.229), Norway (1.180), Sweden (2.909) and Finland (1.144) participated. All suffering from urinary dysfunction.

The survey is conducted in cooperation with incontinence associations in Denmark (Kontinensforeningen), Norway (NOFUS - Norsk forening for personer med urologiske sykdommer og inkontinens), Sweden (Sinoba) and Finland (Suomen Inkon ry) and also leading medical experts and board members from Sweden (Märta Lauritzen), Finland (Carl Gustaf Nilsson), Denmark (Lars Alling Møller) and Norway (Sissel Overn).

Respondents were invited through incontinence associations in Denmark, Sweden and Norway and also advertising on the internet and in emails. The results should be viewed in this light, and Astellas Denmark disclaims responsibility for how others use the results.

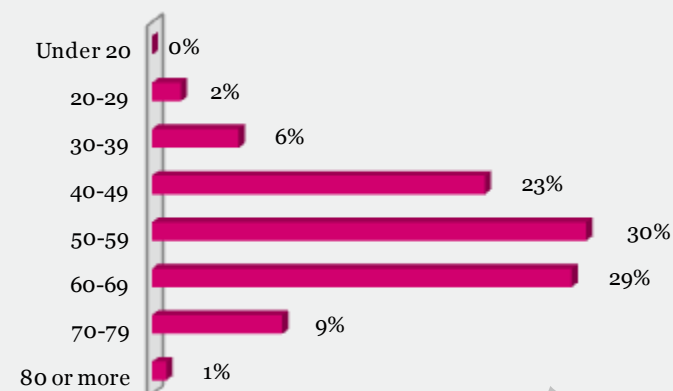
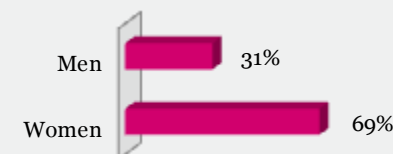
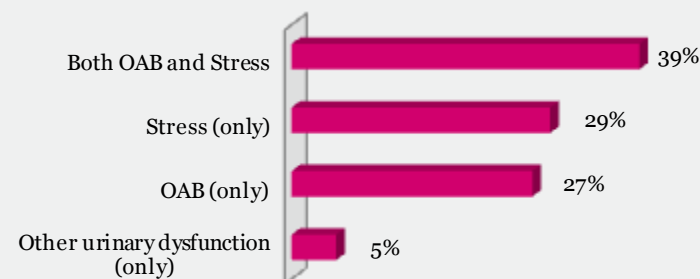
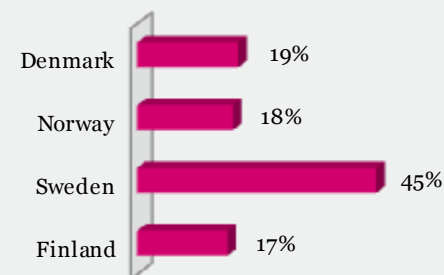
More women (69%, 4.435 respondents) than men (31%, 2.027 respondents) participated.

5.967 respondents (92%) are 40 years or more, and 495 respondents (8%) are under 40 years.

1.807 respondents suffer from stress incontinence only (29%), 1.716 from OAB only (27%), 2.469 from both OAB and stress incontinence (39%), while 338 respondents have other urinary dysfunctions (5%). 132 respondents no longer suffer from urinary dysfunction (only).

3013 respondents (47%) would like to receive free emails with the results of this survey as well as advice and information about urinary dysfunction. 2258 respondents (35%) would like to receive emails from a national patient organization. 2943 respondents (46%) have filled out their email address. 1599 respondents (25%) have typed their name for later contact, and 1432 respondents (22%) have typed their telephone number. 1132 respondents (18%) wrote about their experience of living with urinary dysfunction.

In tables and graphs all percentages are rounded without decimals, therefore not all tables and graphs sum to 100 percent.



Conclusions

This section contains the main conclusions from the Nordic Survey on Urinary Dysfunction conducted in Denmark, Norway, Sweden and Finland from the 6th October 2011 to the 29th November 2011.

Life with Urinary Incontinence

Urinary dysfunction is a big taboo in the Nordic countries. Only 8% talk freely about their disease, while 36% don't talk to anybody about it. If they do, they talk to their doctor (39%) and their partner (32%). Only 5% discuss their urinary dysfunction with colleagues.

Patients in the Nordic countries are annoyed by the symptoms of their disease, mostly by not being able to last a little longer, getting them to the toilet in time (41%).

Some patients experience sudden urges to urinate, while others suffer more from dripping.
28% get out of bed to go to the toilet more than twice a night, while 23% have trouble emptying their bladder when urinating.

General Quality of Life

45% states that their lives have been affected by urinary dysfunction in some or high degree.

Urinary dysfunction has several consequences for the patients' private life and quality of life. They feel ashamed and embarrassed (41%) and some experience a drop in self-esteem (25%) and a feeling of depression too (23%). The patients also have a less active sex life (30%) and find it difficult being intimate with their partner (23%).

Urinary dysfunction also has consequences for the patients' social life in the Nordic countries. They are less physically active (29%), they feel limited in social situations (28%) and some even feel socially inactive and isolated (12%).

Urinary dysfunction only has little influence on the patients' working life. Mostly when it comes to the number of times they go to the toilet, where they fear the colleagues might notice this (16%).

Taking Precautions

Patients take several precautions when leaving their house, mostly by packing diapers/incontinence pads (35%) and checking out toilet facilities beforehand (30%). 31% of all patients use diapers.



Consulting the GP

85% think the doctor should ask people +40 years about urinary dysfunction.

58% have not spoken to their doctor about their urinary dysfunction. 18% respondents wait more than 5 years, before they consult their doctor. 49% feel they received sufficient help from their doctor.

20% don't talk to their doctor because they are ashamed and embarrassed about their disease, while 17% don't think the doctor will take them serious. 15% didn't even know there were treatments for urinary dysfunction.

The patients receive a lot of different advice and treatment for their urinary dysfunction.

25% of all patients have received medication, while 20% were told to wait it out.

32% have been referred to a specialist, 21% was referred to an urologist.

Experiences with Medication

33% of the respondents have taken medication for their disease. In general the patients have difficulties remembering which medication they use. 31% can't remember the name of the medications they have tried. 27% are dissatisfied with their medication, and 23% have stopped taking medication due to side effects.

Some patients have less severe symptoms when on medication. They use the toilet less both day and night (23%) and last longer leading to fewer 'accidents' (28%). They also sleep better (19%) and worry less (21%). Some have better life quality as well (14%). On the other hand, 40% patients haven't experienced any improvement at all.

Experiences with other Treatments

49% of all patients have not received any other treatment than medication. Among those who have tried other treatments, some have done pelvic floor exercises (23%), some have done bladder training (15%) and some have had surgery (14%).

Some patients who have had other treatments have less severe symptoms. They use the toilet less day and night (21%), sleep better (16%) and have better quality of life (16%). However, 45% states that they haven't had any improvement.

Further conclusions

The report contains more detailed conclusions on every question asked in the survey. Detailed information on differences among patients in the different countries, between male and female patients, younger vs. older patients and between OAB and Stress patients can also be found in this report.



Which kind of urinary dysfunction?

Conclusions

Some patients experience sudden urges to urinate, while others suffer more from dripping. 28 % get out of bed to go to the toilet more than twice a night, while 23 % have trouble emptying their bladder when urinating.

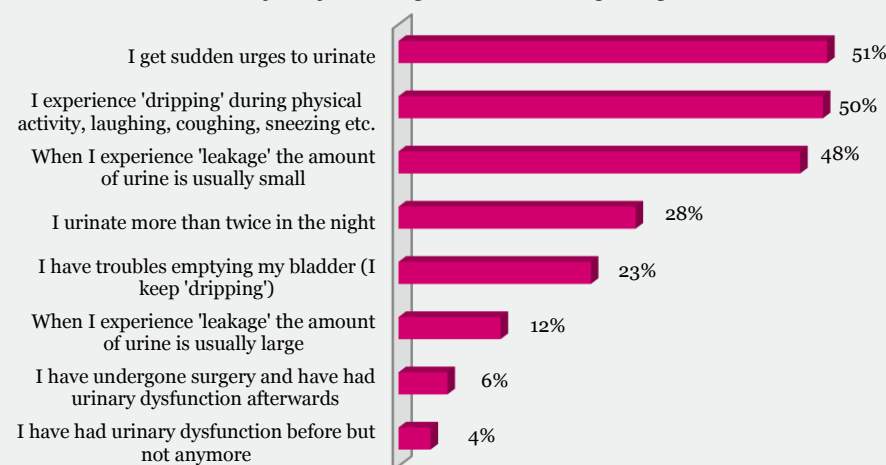
Less patients in Norway experience dripping than in the other countries. More patients in Denmark get up to go to the toilet at night than in the other countries. More patients in Finland experience small leakages than in the other countries, while more patients in Denmark experience large leakages.

More men get sudden urges to urinate than women, while more women experience dripping and small leakages. More men also get up to go to the toilet at night, and more have problems emptying their bladder than women.

More older patients get sudden urges to urinate than younger patients, and more older patient get up to go to the toilet at night too. More younger patients experience dripping than older patients, and more younger patients also suffer from large leakages than older patients.

Many OAB patients experience sudden urges to urinate, Stress patients do not experience this at all. Many Stress patients experience dripping and small leakages, OAB patients do not experience this at all. OAB patients get up to go to the toilet at night, Stress patients do not experience this.

"Which of the following statements do you agree with?"



Which of the following statements do you agree with? (you may agree with more than one)	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
I get sudden urges to urinate	51%	51%	47%	46%	54%	61%	46%	51%	44%	79%	77%	0%	0%
I experience 'dripping' during physical activity, laughing, coughing, sneezing etc.,	50%	54%	52%	44%	51%	10%	69%	50%	55%	71%	0%	83%	0%
When I experience 'leakage' the amount of urine is usually small	48%	45%	56%	39%	49%	29%	56%	48%	48%	72%	0%	73%	0%
I urinate more than twice in the night	28%	36%	18%	28%	29%	38%	24%	29%	19%	42%	46%	0%	0%
I have troubles emptying my bladder (I keep 'dripping')	23%	28%	14%	25%	23%	42%	14%	23%	23%	24%	24%	11%	87%
When I experience 'leakage' the amount of urine is usually large	12%	19%	11%	10%	11%	7%	14%	12%	17%	20%	17%	0%	0%
I have undergone surgery and have had urinary dysfunction afterwards	6%	7%	7%	5%	5%	7%	5%	6%	3%	7%	4%	5%	16%
I have had urinary dysfunction before but not anymore.	4%	2%	3%	6%	4%	5%	3%	4%	5%	2%	2%	1%	3%

You may agree with more than one

(All Nordic respondents with urinary dysfunction) N=6.462



1 in 3 don't talk about their urinary dysfunction

Conclusions

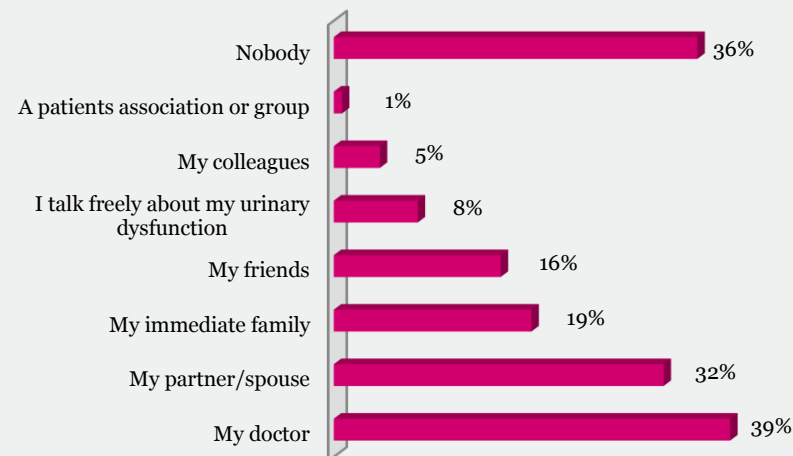
Urinary dysfunction is a big taboo in the Nordic countries. Only 8% talk freely about their disease, while 36% don't talk to anybody about it. If they do, they talk to their doctor and their partner. Only 5% discuss their urinary dysfunction with colleagues.

In Denmark and Norway more patients discuss their urinary dysfunction with their doctor than people in Finland and Sweden. In Finland more patients talk to their friends than in the other 3 countries.

More women talk to their friends and family than men. More men discuss their disease with the doctor than women.

Less younger patients talk about their disease than older patients. More older patients talk to their doctor than younger patients. More patients only suffering from OAB discuss their disease with their doctor than patients only suffering from Stress incontinence.

"Who have you discussed your urinary dysfunction with?"



Who have you discussed your urinary dysfunction with?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
My doctor	39%	45%	32%	45%	36%	44%	36%	40%	29%	44%	41%	28%	33%
My partner/spouse	32%	37%	31%	39%	28%	38%	30%	32%	35%	35%	34%	27%	26%
My immediate family	19%	21%	18%	16%	21%	14%	22%	19%	27%	25%	17%	16%	9%
My friends	16%	14%	24%	14%	15%	8%	20%	16%	19%	19%	13%	18%	4%
I talk freely about my urinary dysfunction	8%	10%	8%	9%	7%	10%	8%	8%	7%	10%	9%	6%	7%
My colleagues	5%	5%	6%	4%	4%	3%	5%	5%	4%	5%	4%	4%	2%
A patients association or group	1%	2%	0%	1%	1%	1%	1%	1%	1%	1%	1%	0%	1%
Nobody	36%	33%	35%	33%	38%	35%	36%	35%	42%	31%	35%	42%	48%

You may choose more than one answer

(All Nordic respondents with urinary dysfunction) N=6.462



How long have you suffered from urinary dysfunction?

“How long have you suffered from urinary dysfunction?”

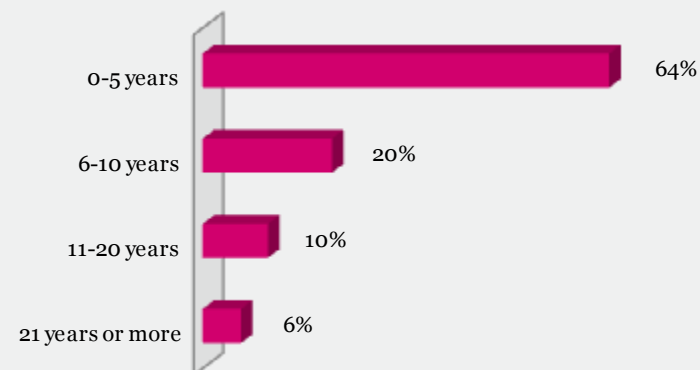
Conclusions

1 in 4 patients in the Nordic countries have suffered from urinary dysfunction in 10 years or more. 64% are suffered from urinary dysfunction in 5 years or less.

Women have in general suffered from urinary dysfunction longer than men. 30% of the women and 19% of the men in the Nordic countries have suffered for 10 years or more.

84 % of both older and younger patients have suffered from urinary dysfunction between 1 and 10 years.

3 out of 10 patients (32%) only suffering from OAB and about 4 out of 10 patients (37%) only suffering from Stress incontinence have been ill for 6 years or more.



How long have you suffered from urinary dysfunction?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
0-5 years	64%	65%	69%	62%	62%	70%	61%	64%	64%	58%	69%	64%	75%
6-10 years	20%	19%	19%	19%	22%	18%	21%	20%	20%	22%	18%	22%	15%
11-20 years	10%	10%	7%	12%	11%	7%	12%	10%	9%	12%	8%	11%	6%
21 years or more	6%	6%	6%	7%	6%	5%	7%	6%	8%	8%	6%	4%	5%

Choose one answer

(All Nordic respondents with urinary dysfunction) N=6.462

Average	6,91	6,80	6,46	7,36	6,95	6,04	7,31	6,93	6,68	7,90	6,42	6,36	5,56
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(All Nordic respondents with urinary dysfunction) N=6.462



How has urinary dysfunction affected your private life?

Conclusions

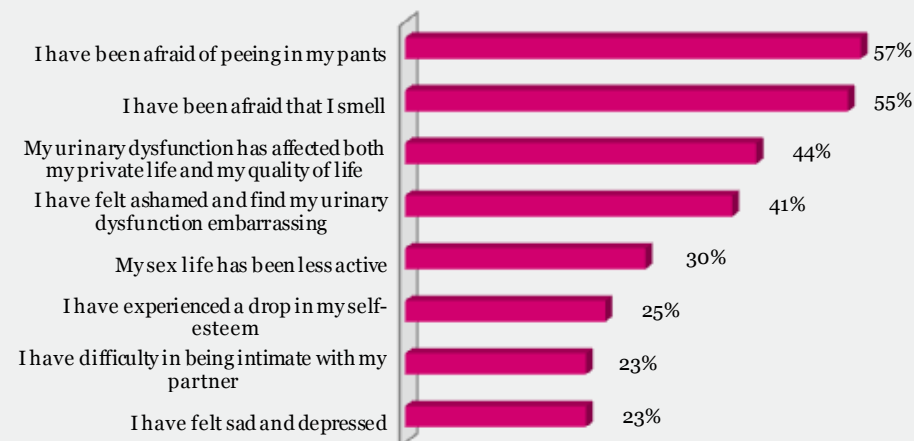
Urinary dysfunction has severe consequences for the patients' private life and quality of life. They feel ashamed and embarrassed and some experience a drop in their self-esteem and a feeling of depression too. The patients also have a less active sex life and find it difficult being intimate with their partner.

In Denmark more patients fear peeing in their pants than in the 3 other countries. More patients in Finland feel ashamed and embarrassed than in the other countries, while more patients in Sweden have felt sad and depressed. Less patients in Norway feel affected than in the other countries.

Women are much more afraid of peeing in their pants than men, they also fear smelling badly more than men do. More women feel ashamed and embarrassed than men, while more men have less active sex lives than women.

More young patients feel ashamed and embarrassed than older patients and also feel more affected in their private life. More stress patients are afraid of smelling badly than OAB patients. More stress patients are also ashamed and embarrassed, while more OAB patients have less active sex lives.

"How has urinary dysfunction affected your private life?"



Statements: How has urinary dysfunction affected your private life?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
I have been afraid of peeing in my pants	57%	67%	46%	51%	59%	40%	64%	57%	56%	75%	45%	50%	25%
I have been afraid that I smell	55%	61%	50%	50%	57%	41%	61%	55%	57%	69%	36%	58%	44%
My urinary dysfunction has affected both my private life and my quality of life	44%	49%	41%	39%	44%	39%	46%	43%	50%	57%	37%	35%	25%
I have felt ashamed and find my urinary dysfunction embarrassing	41%	41%	55%	31%	39%	27%	47%	40%	56%	52%	26%	43%	25%
My sex life has been less active	30%	31%	29%	26%	32%	36%	27%	30%	29%	37%	29%	23%	28%
I have experienced a drop in my self-esteem	25%	29%	22%	21%	26%	23%	26%	25%	31%	32%	22%	20%	19%
I have felt sad and depressed	23%	23%	18%	18%	27%	18%	25%	22%	32%	30%	19%	16%	18%
I have difficulty in being intimate with my partner	23%	24%	20%	19%	24%	23%	22%	22%	23%	28%	20%	18%	21%

Answer options for each statement: Yes, No, Don't know.
See detailed tables on the next pages.

(All Nordic respondents with urinary dysfunction) N=6.462



My urinary dysfunction has affected both my private life and my quality of life	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Yes	44%	49%	41%	39%	44%	39%	46%	43%	50%	57%	37%	35%	25%
No	49%	42%	52%	53%	49%	54%	47%	50%	40%	35%	55%	58%	69%
Don't know	8%	9%	6%	8%	7%	7%	8%	7%	10%	9%	8%	7%	6%

I have felt ashamed and find my urinary dysfunction embarrassing	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Yes	41%	41%	55%	31%	39%	27%	47%	40%	56%	52%	26%	43%	25%
No	55%	53%	39%	65%	57%	67%	49%	56%	39%	42%	69%	54%	70%
Don't know	5%	6%	6%	4%	4%	6%	4%	5%	6%	5%	6%	4%	4%

I have felt sad and depressed	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Yes	23%	23%	18%	18%	27%	18%	25%	22%	32%	30%	19%	16%	18%
No	71%	69%	73%	77%	68%	75%	69%	72%	61%	61%	75%	78%	78%
Don't know	7%	9%	9%	6%	5%	7%	7%	7%	7%	9%	6%	6%	4%

I have been afraid of peeing in my pants	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Yes	57%	67%	46%	51%	59%	40%	64%	57%	56%	75%	45%	50%	25%
No	41%	30%	50%	46%	39%	56%	34%	41%	40%	23%	52%	47%	73%
Don't know	3%	3%	4%	3%	2%	4%	2%	3%	4%	3%	3%	3%	2%



I have been afraid that I smell	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Yes	55%	61%	50%	50%	57%	41%	61%	55%	57%	69%	36%	58%	44%
No	42%	37%	46%	47%	41%	54%	37%	42%	39%	28%	60%	41%	54%
Don't know	3%	2%	4%	3%	3%	5%	2%	3%	4%	3%	4%	1%	2%

I have experienced a drop in my self-esteem	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Yes	25%	29%	22%	21%	26%	23%	26%	25%	31%	32%	22%	20%	19%
No	67%	62%	71%	72%	67%	70%	66%	68%	59%	58%	72%	73%	76%
Don't know	8%	9%	7%	7%	8%	8%	8%	8%	10%	10%	6%	7%	6%

My sex life has been less active	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Yes	30%	31%	29%	26%	32%	36%	27%	30%	29%	37%	29%	23%	28%
No	62%	58%	64%	66%	60%	57%	64%	62%	61%	52%	63%	71%	68%
Don't know	9%	11%	7%	8%	8%	7%	9%	9%	10%	11%	8%	7%	4%

I have difficulty in being intimate with my partner	Total	Denmark	Finland	Norway	Sweden	Male	Female	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Yes	23%	24%	20%	19%	24%	23%	22%	22%	23%	28%	20%	18%	21%
No	67%	63%	71%	72%	65%	66%	67%	67%	67%	58%	71%	74%	73%
Don't know	10%	12%	9%	9%	11%	11%	10%	11%	10%	14%	10%	8%	7%

All statements: Choose one answer

(All Nordic respondents with urinary dysfunction) N=6.462



How has your social life been influenced by urinary dysfunction?

Conclusions

Urinary dysfunction has several consequences for the patients in the Nordic countries. They are less physically active, they feel limited in social situations and some even feel socially inactive and isolated.

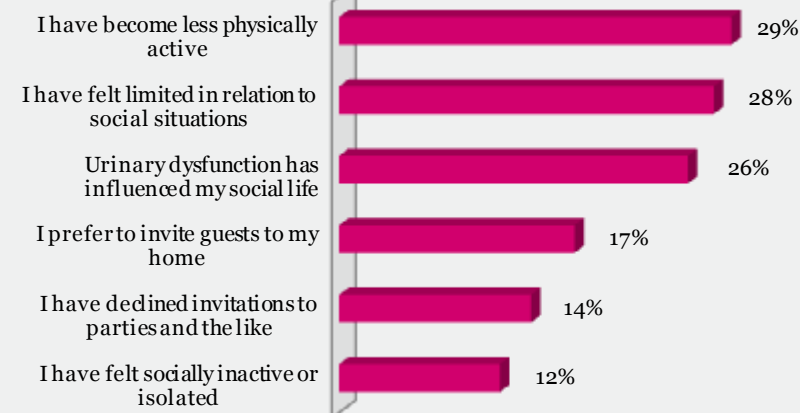
More patients in Sweden and Denmark feel limited in social situations than in the other countries. They are also less active physically. More patients in Denmark are affected in their social life than in the other countries. Less patients in Finland think about only having guests in their own home than in the other countries.

More women have become less active than men, they also feel more limited in social situations than men do. Both men and women have felt socially inactive or isolated (12%).

Both younger and older patients have become less active and have felt limited in social situations. Younger patients feel more socially inactive or isolated than older patients and also feel a larger influence on their social life.

Stress patients have become less active in a higher degree than OAB patients. More OAB patients feel limited in social situations and feel the influence on their social life than Stress patients.

“How has your social life been influenced by urinary dysfunction?”



Statements: How has your social life been influenced by urinary dysfunction?	Total	Denmark	Finland	Norway	Sweden	Male	Female	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
I have become less physically active	29%	30%	26%	27%	31%	19%	34%	29%	30%	38%	19%	28%	17%
I have felt limited in relation to social situations	28%	29%	22%	25%	31%	24%	30%	28%	30%	38%	24%	20%	15%
Urinary dysfunction has influenced my social life	26%	29%	23%	24%	26%	24%	27%	25%	30%	35%	24%	16%	18%
I prefer to invite guests to my home	17%	19%	13%	18%	18%	19%	17%	17%	20%	21%	19%	11%	15%
I have declined invitations to parties and the like	14%	12%	15%	14%	15%	16%	14%	14%	14%	19%	16%	7%	11%
I have felt socially inactive or isolated	12%	12%	11%	10%	13%	12%	12%	12%	15%	16%	12%	6%	11%

Answer options for each statement: Yes, No, Don't know.
See detailed tables on the next pages.

(All Nordic respondents with urinary dysfunction) N=6.462



Urinary dysfunction has influenced my social life	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Yes	26%	29%	23%	24%	26%	24%	27%	25%	30%	35%	24%	16%	18%
No	69%	65%	72%	71%	68%	71%	67%	69%	63%	58%	71%	78%	79%
Don't know	6%	6%	5%	5%	6%	6%	6%	6%	7%	7%	5%	5%	3%

I prefer to invite guests to my home	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Yes	17%	19%	13%	18%	18%	19%	17%	17%	20%	21%	19%	11%	15%
No	74%	74%	80%	74%	71%	70%	76%	74%	70%	68%	71%	83%	78%
Don't know	9%	8%	7%	8%	10%	11%	8%	9%	10%	10%	10%	6%	7%

I have declined invitations to parties and the like	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Yes	14%	12%	15%	14%	15%	16%	14%	14%	14%	19%	16%	7%	11%
No	83%	85%	83%	84%	81%	81%	84%	83%	80%	77%	81%	91%	88%
Don't know	3%	4%	2%	3%	3%	4%	3%	3%	6%	4%	4%	2%	1%

I have become less physically active	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Yes	29%	30%	26%	27%	31%	19%	34%	29%	30%	38%	19%	28%	17%
No	67%	63%	71%	70%	65%	76%	62%	67%	64%	57%	76%	69%	81%
Don't know	4%	8%	3%	3%	4%	5%	4%	4%	7%	6%	5%	3%	2%



I have felt limited in relation to social situations	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Yes	28%	29%	22%	25%	31%	24%	30%	28%	30%	38%	24%	20%	15%
No	68%	66%	73%	71%	65%	71%	66%	68%	63%	57%	71%	77%	81%
Don't know	4%	5%	5%	4%	4%	5%	4%	4%	7%	5%	5%	3%	4%

I have felt socially inactive or isolated	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Yes	12%	12%	11%	10%	13%	12%	12%	12%	15%	16%	12%	6%	11%
No	82%	80%	84%	85%	81%	83%	82%	82%	78%	75%	82%	90%	85%
Don't know	6%	8%	5%	5%	6%	6%	7%	6%	7%	9%	6%	4%	4%

All statements: Choose one answer

(All Nordic respondents with urinary dysfunction) N=6.462



How has your working life been influenced by urinary dysfunction?

Conclusions

Urinary dysfunction only has little influence on the patients' working life. They feel most influenced (16%) when it comes to the number of times they go to the toilet, where they fear the colleagues might notice this.

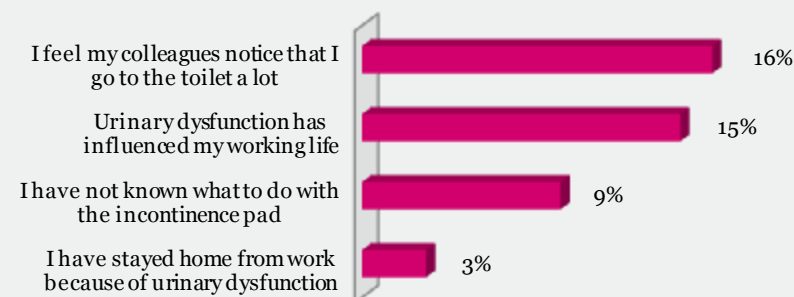
Patients in Denmark feel a slightly greater influence on their working life than in the other countries.

More men feel their colleagues notice that they go to the toilet a lot than women do. More women have had problems disposing of their incontinence pads often than men.

More younger patients feel their working life have been influenced than older patients, and also feel their colleagues notice that they go to the toilet a lot, more than older patients.

More OAB patients feel their colleagues notice their many visits to the toilet than Stress patients do. OAB patients feel a greater influence on their working life than Stress patients.

"How has your working life been influenced by urinary dysfunction?"



Statements: How has your working life been influenced by urinary dysfunction?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
I feel my colleagues notice that I go to the toilet a lot	16%	18%	16%	17%	16%	19%	16%	16%	22%	21%	21%	7%	12%
Urinary dysfunction has influenced my working life	15%	19%	13%	14%	15%	14%	15%	14%	23%	20%	15%	10%	10%
I have not known what to do with the incontinence pad	9%	9%	8%	8%	10%	7%	10%	9%	14%	12%	9%	7%	6%
I have stayed home from work because of urinary dysfunction	3%	3%	2%	4%	3%	4%	3%	3%	7%	3%	4%	2%	3%

Answer options for each statement: Yes, No, Don't know.
See detailed tables on the next pages.

(All Nordic respondents with urinary dysfunction) N=6.462



Urinary dysfunction has influenced my working life	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Yes	15%	19%	13%	14%	15%	14%	15%	14%	23%	20%	15%	10%	10%
No	79%	74%	83%	80%	79%	80%	78%	80%	69%	72%	80%	86%	84%
Don't know	6%	7%	5%	6%	7%	6%	7%	6%	8%	9%	6%	4%	6%

I have stayed home from work because of urinary dysfunction	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Yes	3%	3%	2%	4%	3%	4%	3%	3%	7%	3%	4%	2%	3%
No	94%	93%	96%	92%	93%	93%	94%	94%	89%	92%	93%	96%	94%
Don't know	4%	5%	2%	4%	4%	3%	4%	4%	4%	5%	3%	2%	3%

I have not known what to do with the incontinence pad	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Yes	9%	9%	8%	8%	10%	7%	10%	9%	14%	12%	9%	7%	6%
No	79%	78%	83%	81%	78%	74%	82%	80%	77%	76%	77%	87%	81%
Don't know	11%	13%	8%	11%	12%	18%	8%	11%	10%	12%	15%	6%	14%

I feel my colleagues notice that I go to the toilet a lot	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Yes	16%	18%	16%	17%	16%	19%	16%	16%	22%	21%	21%	7%	12%
No	74%	72%	76%	74%	73%	70%	75%	74%	70%	66%	68%	87%	79%
Don't know	10%	11%	8%	9%	11%	11%	9%	10%	8%	13%	11%	6%	8%

All statements: Choose one answer

(All Nordic respondents with urinary dysfunction) N=6.462



To what degree has your life been affected by urinary dysfunction?

Conclusions

Patients in the Nordic countries have been affected by their disease. 45% states that their lives have been affected in some or high degree.

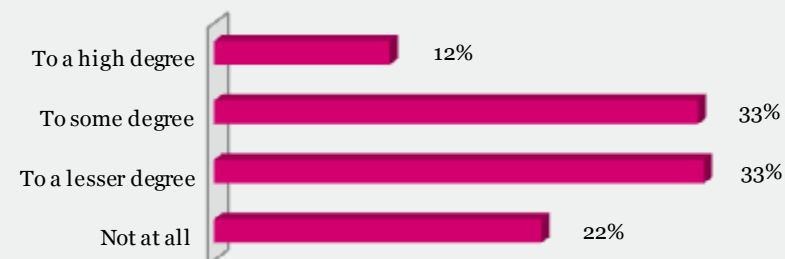
In Norway less patients feel affected by their disease than in the other countries. More patients in Denmark and Sweden are affected than in the 2 other countries.

More women are affected by their urinary dysfunction than men. 49% women feel affected in some or high degree, while only 37% men feel the same way.

More younger patients are affected by their disease than older patients. 45% of the older patients have been affected in some or high degree, 53% of the younger patients feel the same way.

More patients suffering only from OAB are affected than patients suffering only from Stress incontinence. 39% of the OAB patients have been affected in some or high degree, only 34% of Stress patients feel the same way.

“To what degree has your life been affected by urinary dysfunction?”



To what degree has your life been affected by urinary dysfunction?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
To a high degree	12%	12%	11%	10%	13%	8%	14%	12%	16%	18%	11%	6%	7%
To some degree	33%	35%	31%	26%	35%	29%	35%	33%	37%	41%	28%	28%	16%
To a lesser degree	33%	35%	32%	34%	33%	36%	32%	34%	27%	31%	34%	36%	37%
Not at all	22%	17%	27%	30%	19%	27%	20%	22%	21%	11%	27%	30%	41%

Choose one answer

(All Nordic respondents with urinary dysfunction) N=6.462



Which of the following symptoms are most annoying for you?

Conclusions

Patients in the Nordic countries are annoyed by the symptoms of their disease, mostly by not being able to last a little longer, getting them to the toilet in time.

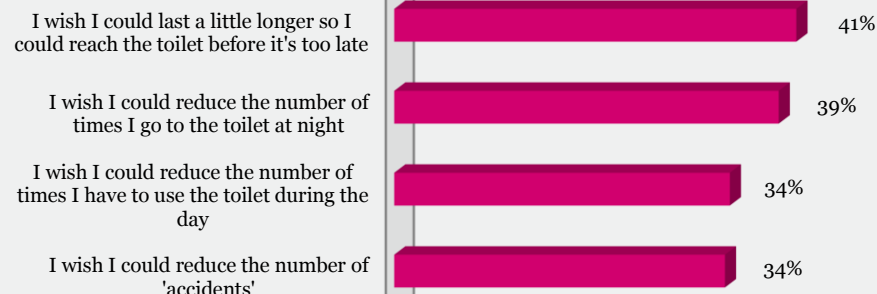
More patients in Denmark are annoyed by going to the toilet at night than in the other countries. Less patients in Norway and Sweden are annoyed by not being able to last longer and reaching the toilet in time than in the other countries.

More men are annoyed by having to go to the toilet many times a day than women. More men are also annoyed by having to go to the toilet at night than women. More women are annoyed by having 'accidents' and not being able to reach the toilet in time than men.

More older patients are annoyed by having to get up at night than younger patients. More younger patients are annoyed by having 'accidents' than older patients.

More patients suffering from OAB are annoyed than patients only suffering from Stress incontinence. OAB patients are annoyed the most by getting up at night and by the number of times they go to the toilet in the day, while this much less of a problem for the Stress patients.

"Which of the following symptoms are most annoying for you?"



Which of the following symptoms are most annoying for you?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
I wish I could last a little longer so I could reach the toilet before it's too late	41%	47%	47%	34%	39%	29%	46%	42%	35%	59%	34%	29%	16%
I wish I could reduce the number of times I go to the toilet at night	39%	44%	41%	38%	37%	52%	34%	40%	28%	44%	54%	20%	33%
I wish I could reduce the number of times I have to use the toilet during the day	34%	38%	34%	39%	31%	44%	30%	34%	35%	40%	43%	18%	36%
I wish I could reduce the number of 'accidents'.	34%	32%	27%	30%	39%	19%	41%	33%	45%	37%	12%	52%	32%

You may choose more than one answer

(All Nordic respondents with urinary dysfunction) N=6.462



How do you get ready to leave your house?

Conclusions

Patients in the Nordic countries take several precautions when leaving their house, mostly by packing diapers/incontinence pads and checking out toilet facilities beforehand.

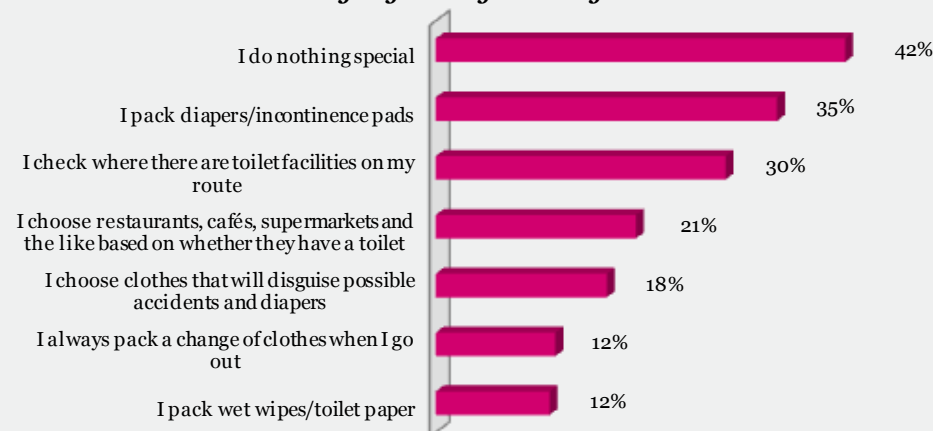
More patients in Finland and Denmark packs diapers/incontinence pads than other patients. Less patients in Norway and Sweden take precautions than in the 2 other countries.

Men take fewer precautions than women, and women pack diapers/incontinence pads much more often than men. Both groups check out toilet facilities beforehand.

Older and younger patients pack diapers/incontinence pads at same degree. More older patients check out toilet facilities than younger patients, while more younger patients choose clothes to disguise accidents and diapers than the older patients.

More patients with Stress incontinence pack diapers/incontinence pads than OAB patients. OAB patients checkout toilet facilities more often than Stress patients. They also choose places to go out, where they know, they can go to the toilet more often than Stress patients do.

"How do you get ready to leave your house?"



How do you get ready to leave your house?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
I pack diapers/incontinence pads	35%	39%	46%	30%	31%	11%	46%	35%	35%	48%	17%	40%	11%
I check where there are toilet facilities on my route	30%	33%	28%	28%	30%	29%	30%	30%	24%	43%	31%	15%	15%
I choose restaurants, cafés, supermarkets and the like based on whether they have a toilet	21%	20%	23%	17%	21%	22%	20%	21%	17%	29%	23%	9%	10%
I choose clothes that will disguise possible accidents and diapers	18%	21%	17%	15%	18%	10%	21%	17%	21%	26%	10%	14%	8%
I always pack a change of clothes when I go out	12%	12%	12%	12%	13%	8%	14%	12%	13%	18%	10%	8%	6%
I pack wet wipes/toilet paper	12%	10%	10%	13%	13%	7%	14%	12%	13%	17%	8%	8%	8%
I do nothing special	42%	40%	36%	50%	42%	58%	35%	42%	44%	27%	53%	47%	71%

You may choose more than one answer

(All Nordic respondents with urinary dysfunction) N=6.462



Should the doctor ask patients 40+ about incontinence?

Conclusions

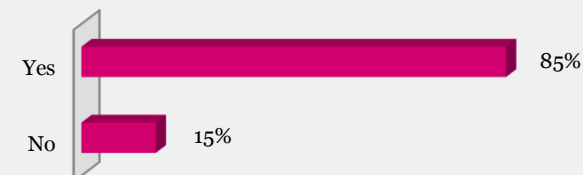
85% of the patients in the Nordic countries think the doctor should ask people +40 years about urinary dysfunction.

More patients in Sweden and Finland agree with the question than patients in the 2 other countries.

Men and women agree on the subject, 85% of both groups think the doctor should discuss urinary dysfunction with patients +40 years.

More older patients agree than younger patients, while OAB and Stress patients agree almost equally.

“Should the doctor ask patients when they are 40+ years old?”



Do you think that doctors should ask about urinary dysfunction at a health check when the patient is 40 years old?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Yes	85%	82%	87%	79%	88%	85%	85%	85%	81%	89%	83%	82%	80%
No	15%	18%	13%	21%	12%	15%	15%	15%	19%	11%	17%	18%	20%

(All Nordic respondents with urinary dysfunction) N=6.462



Do you use diapers?

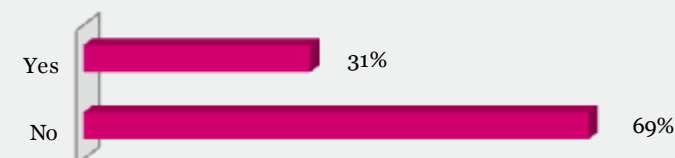
Conclusions

31% of all patients with urinary dysfunction in the Nordic countries use diapers.

More patients in Finland and Sweden use diapers than in Denmark and Norway. Women are much more likely to use diapers than men are. More older patients wear diapers than younger patients. More Stress patients use diapers than OAB patients.

In average respondents use 13,6 diapers each week (1,9 diaper each day). Respondents in Denmark and Norway use more diapers than in especially Finland. Respondents with OAB use far more diapers than respondents suffering from stress incontinence.

"Do you use diapers?"



Do you use diapers?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Yes	31%	25%	35%	20%	37%	13%	39%	32%	24%	43%	17%	33%	11%
No	69%	75%	65%	80%	63%	87%	61%	69%	76%	57%	83%	67%	89%

(All Nordic respondents with urinary dysfunction except few respondents, who didn't answered the question) **N=6.384**

How many diapers pr. week?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Average	13,61	17,75	9,99	15,57	13,51	14,48	13,49	13,49	15,13	14,87	16,69	9,69	18,76

Approximate numbers

(Nordic respondents with urinary dysfunction who filled out a number of diapers) **N=1.187**



How often do you go to the toilet?

Conclusions

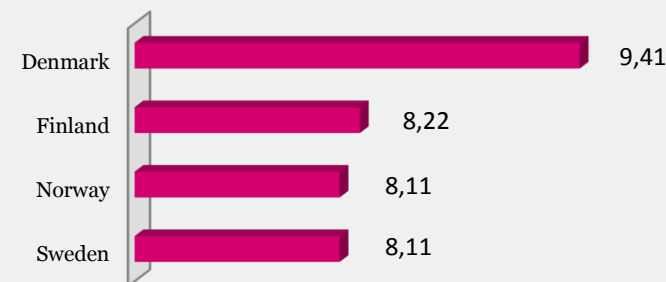
Patients in the Nordic countries have to use the toilet quite often (average in 24 hours = 8,38 times).

Danish patients use the toilet more often (9,41 times) than patients in the other three countries. In Norway, Finland and Sweden patients use the toilet almost the same number of times (8,11 ; 8,22 ; 8,11 times).

Women go to the toilet more often (8,58 times) than men (7,92 times), while older patients use the toilet a little less (8,34 times) than younger patients (8,85 times).

Patients suffering from OAB go to the toilet more often (8,49 times) than patients suffering from Stress Incontinence (7,06 times).

"How many times approximately do you go the toilet to urinate in 24 hours?"



How many times approximately do you go the toilet to urinate in 24 hours?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Average	8,38	9,41	8,22	8,11	8,11	7,92	8,58	8,34	8,85	9,51	8,49	7,06	7,20

Approximate times

(All Nordic respondents with urinary dysfunction except few, who didn't filled out a number) N=6.125



Have you spoken with your doctor about your urinary dysfunction?

Conclusions

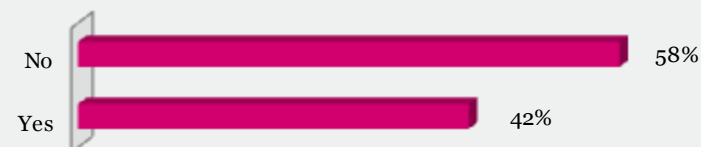
Almost 6 out of 10 patients in the Nordic countries have not spoken to their doctor about their urinary dysfunction.

Less patients in Finland and Sweden talk to their doctor than in the other 2 countries.
Less women talk to the doctor than men, only 39% have spoken to their doctor about their disease.

Less younger patients talk to their doctor, 7 out of 10 have not spoken to their doctor about their disease.

Among Stress patients only 3 out of 10 have spoken to their doctor about their problem, while 4 out of 10 OAB patients have consulted their doctor.

“Have you spoken with your doctor about your urinary dysfunction?”



Have you spoken with your doctor about your urinary dysfunction?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
No	58%	53%	64%	51%	61%	52%	61%	57%	67%	53%	56%	69%	65%
Yes	42%	47%	36%	49%	40%	48%	39%	43%	34%	47%	44%	31%	35%

(All Nordic respondents with urinary dysfunction) N=6.462



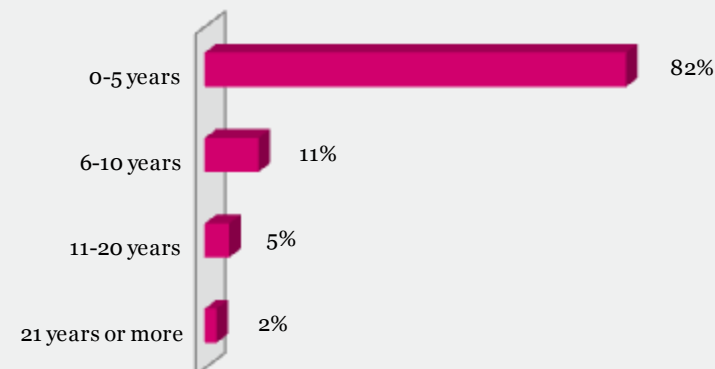
How much time went by before you went to the doctor?

Conclusions

18% respondents wait more than 6 years, before they consult their doctor.

In Finland more respondents (22%) than in the other countries wait more than 5 years. Also far more women (21%) than men (12%) wait more than 6 years, until they consult their doctor.

“How much time went by between when you felt the first symptoms of urinary dysfunction and when you went to the doctor?”



How much time went by between when you felt the first symptoms of urinary dysfunction and when you went to the doctor?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
0-5 years	82%	85%	78%	83%	83%	88%	79%	82%	84%	80%	86%	81%	91%
6-10 years	11%	8%	14%	10%	11%	8%	12%	11%	10%	11%	9%	11%	7%
11-20 years	5%	5%	6%	5%	5%	2%	6%	5%	5%	5%	4%	6%	2%
21 years or more	2%	3%	2%	2%	2%	2%	3%	2%	2%	3%	2%	2%	1%

Choose one answer

(Nordic respondents with urinary dysfunction who have spoken with their doctor) N=2.710

Average	3,82	3,66	4,33	3,66	3,79	2,97	4,29	3,86	3,23	4,31	3,33	3,78	2,27
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(Nordic respondents with urinary dysfunction who have spoken with their doctor) N=2.710



What course of treatment did your doctor recommend?

Conclusions

The patients receive a lot of different advice and treatment for their urinary dysfunction.

25% of all patients have received medication, while 20 % just were told to wait it out.

3 out of 10 have been referred to a specialist, 2 out of 10 was referred to a urologist.

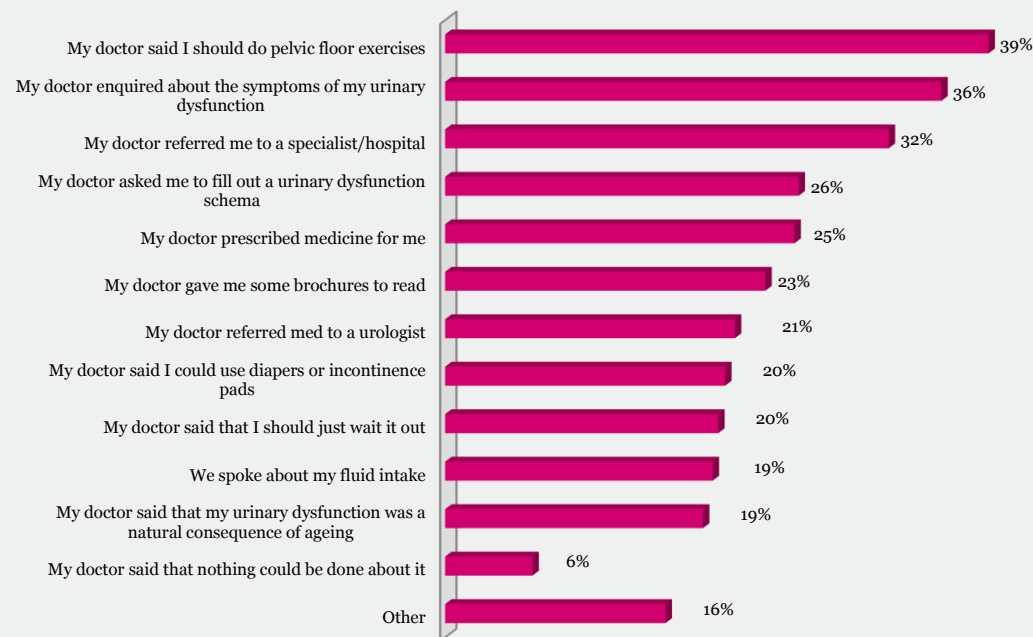
More patients in Finland have been told to do pelvic floor exercises much than in the other countries. More patients in Denmark have been referred to a specialist than in the other countries. Less patients in Finland were referred to a urologist than in the other countries. More patients in Denmark have talked about their fluid intake than in the other countries.

More women have been recommended to do pelvic floor exercises than men, and more were also recommended to use diapers. More men have had medication prescribed than women, and more also talked about fluid intake than women.

More older patients have received medication than younger patients, while more younger patients were told to wait it out than the older patients.

More patients with OAB have received medication than patients with Stress incontinence. More patients with Stress were recommended to do pelvic floor exercises than OAB patients and more were also recommended to use diapers.

“What course of treatment did your doctor recommend?”



See table next page



What course of treatment did your doctor recommend for your urinary dysfunction?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
My doctor said I should do pelvic floor exercises	39%	40%	59%	28%	38%	11%	55%	39%	42%	48%	19%	53%	21%
My doctor enquired about the symptoms of my urinary dysfunction	36%	36%	46%	35%	32%	35%	36%	36%	39%	40%	32%	32%	31%
My doctor referred me to a specialist/hospital	32%	43%	21%	35%	29%	31%	33%	32%	34%	33%	31%	28%	35%
My doctor asked me to fill out a urinary dysfunction schema	26%	36%	23%	14%	27%	24%	26%	26%	24%	31%	25%	17%	13%
My doctor prescribed medicine for me	25%	25%	31%	20%	26%	30%	23%	26%	19%	28%	31%	14%	18%
My doctor gave me some brochures to read	23%	22%	31%	14%	25%	16%	27%	23%	23%	28%	18%	26%	7%
My doctor referred me to a urologist	21%	20%	13%	27%	21%	23%	20%	21%	21%	24%	21%	14%	23%
My doctor said I could use diapers or incontinence pads	20%	15%	19%	24%	22%	12%	25%	20%	25%	26%	13%	24%	6%
My doctor said that I should just wait it out	20%	23%	19%	21%	18%	22%	19%	19%	32%	20%	20%	20%	19%
We spoke about my fluid intake.	19%	28%	13%	15%	19%	24%	17%	19%	24%	23%	23%	9%	13%
My doctor said that my urinary dysfunction was a natural consequence of ageing	19%	19%	16%	19%	19%	26%	15%	20%	4%	18%	22%	15%	20%
My doctor said that nothing could be done about it	6%	7%	6%	6%	6%	6%	7%	6%	10%	7%	8%	4%	6%
Other	16%	13%	19%	16%	17%	13%	17%	16%	14%	16%	14%	17%	19%

You may choose more than one answer

(Nordic respondents with urinary dysfunction who have spoken with their doctor) N=2.710



The patients' meeting with the doctor

Conclusions

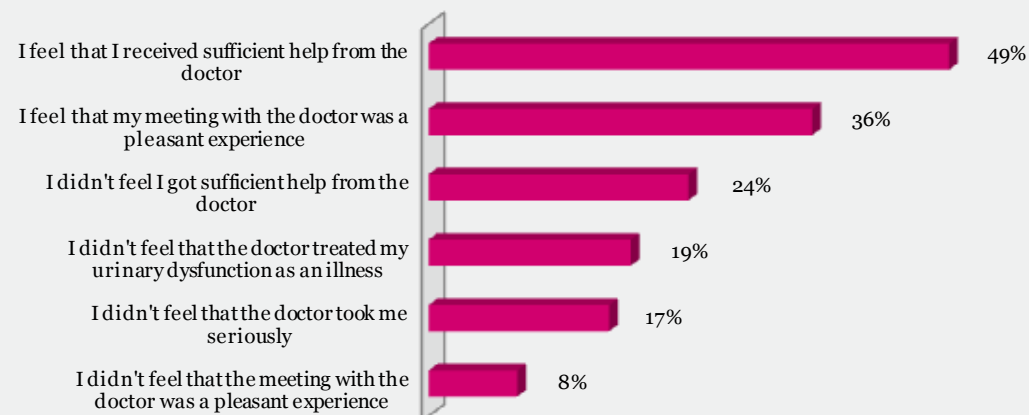
49% in the Nordic countries feel they received sufficient help from their doctor.

In Norway more patients are satisfied with the doctor than in the other countries. In Finland and Sweden only 3 out of 10 felt meeting with the doctor was a pleasant experience. More patients in Finland and Sweden feel like they didn't get sufficient help from their doctor than in the other countries.

More men are satisfied with the help they got from their doctor than women, while more women feel like they didn't get sufficient help from the doctor and wasn't taken seriously.

More older patients are satisfied with their treatment than younger patients, while more younger patients didn't feel that they were taken seriously and getting sufficient help.

"The patients' meeting with the doctor"



Which of the following statements do you agree with?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
I feel that I received sufficient help from the doctor	49%	47%	41%	57%	48%	57%	44%	50%	35%	44%	50%	49%	57%
I feel that my meeting with the doctor was a pleasant experience	36%	46%	33%	39%	30%	39%	34%	36%	33%	37%	34%	36%	35%
I didn't feel I got sufficient help from the doctor	24%	24%	28%	16%	28%	19%	27%	23%	38%	30%	22%	22%	20%
I didn't feel that the doctor treated my urinary dysfunction as an illness	19%	22%	20%	15%	19%	14%	22%	19%	20%	23%	16%	17%	14%
I didn't feel that the doctor took me seriously	17%	17%	17%	13%	19%	15%	18%	16%	24%	21%	14%	15%	11%
I didn't feel that the meeting with the doctor was a pleasant experience	8%	7%	9%	6%	10%	6%	10%	8%	18%	10%	7%	8%	5%

You may agree with more than one

(Nordic respondents with urinary dysfunction who have spoken with their doctor) N=2.710



Have you taken medication?

Conclusions

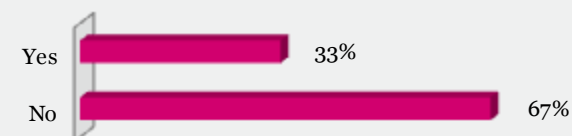
3 out of 10 patients in the Nordic countries have taken medication for their disease.

More patients in Denmark (37%) have taken medication than in the other countries.

More men (40%) take medication than women (29%), and more older patients (33%) take medication than younger patients (28%).

More OAB patients take medication than Stress patients (41% vs. 19%).

"Have you taken medication?"



Have you taken medication for your urinary dysfunction?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Yes	33%	37%	34%	30%	32%	40%	29%	33%	28%	35%	41%	19%	25%
No	67%	63%	67%	70%	68%	60%	71%	67%	72%	65%	59%	81%	75%

(Nordic respondents with urinary dysfunction who have spoken with their doctor) **N=2.710**



Which brand of medication have you taken?

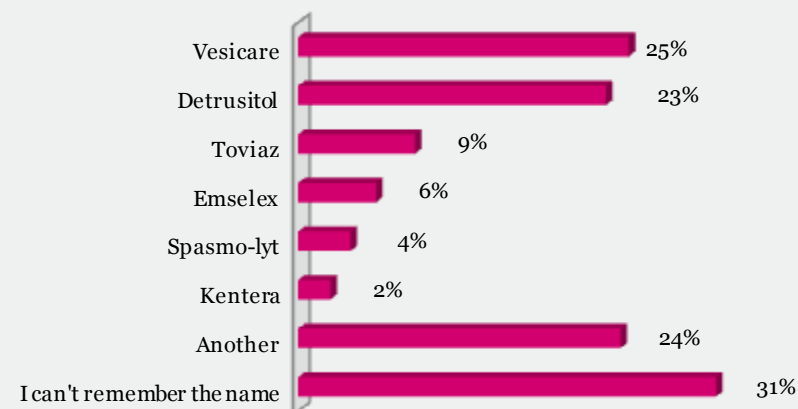
Conclusions

3 out of 10 patients in the Nordic countries can't remember the name of the medications they have tried.

Vesicare is apparently prescribed more in Finland and Norway than in Denmark and Sweden. More women have used Vesicare and Detrusitol than men, while more men have problems remembering the name of their medication than women.

More younger patients have trouble remembering the name of their medication than the older patients, while the two groups have used Vesicare to the same degree (26% vs. 25%).

"Which brand of medication have you taken?"



Which of the following have you taken?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Vesicare	25%	20%	34%	30%	22%	14%	33%	25%	26%	29%	22%	21%	3%
Detrusitol	23%	15%	18%	20%	31%	13%	30%	23%	17%	25%	23%	21%	13%
Toviaz	9%	9%	8%	8%	9%	7%	10%	9%	11%	10%	8%	9%	3%
Emselex	6%	4%	4%	9%	6%	5%	7%	6%	11%	5%	7%	6%	13%
Spasmo-lyt	4%	9%	9%	1%	1%	2%	6%	4%	7%	3%	5%	8%	3%
Kentera	2%	2%	4%	2%	2%	1%	3%	3%	0%	3%	2%	0%	3%
I can't remember the name	31%	35%	34%	30%	28%	40%	25%	31%	35%	31%	32%	26%	33%
Another	24%	27%	18%	23%	25%	34%	17%	24%	17%	22%	24%	26%	33%

You may choose more than one answer

(Nordic respondents with urinary dysfunction who have spoken with their doctor and have been taken medication) N=890



Which brand of medication do you use?

Conclusions

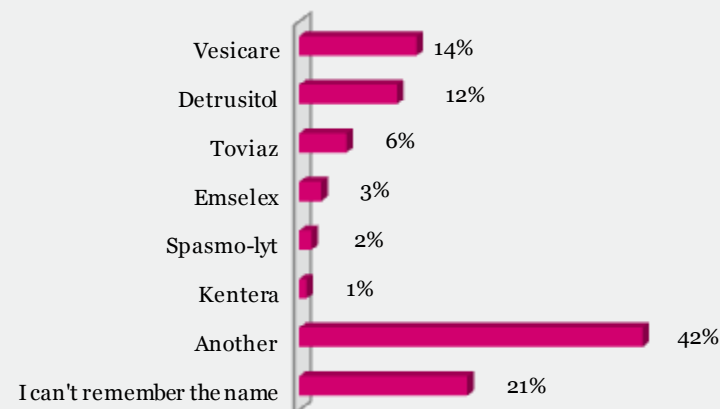
In general the patients have difficulties remembering which medication they use.

Vesicare is apparently more common in Finland and Norway than the other countries.

More women state that they use Vesicare more than men, while more men have problems remembering the name than women.

The same goes for older vs. younger patients, where the younger have problems remembering the name, while more older patients state that they use Vesicare than younger patients.

“Which brand of medication do you use?”



If you take medication for your urinary dysfunction at the moment which of the following do you use?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
Another	42%	45%	34%	42%	43%	46%	40%	42%	41%	40%	42%	44%	57%
I can't remember the name	21%	22%	29%	17%	19%	29%	14%	20%	33%	18%	22%	23%	27%
Vesicare	14%	12%	18%	19%	12%	9%	19%	15%	11%	19%	11%	11%	3%
Detrusitol	12%	8%	8%	11%	16%	8%	15%	12%	9%	12%	13%	11%	7%
Toviaz	6%	6%	6%	5%	6%	5%	7%	6%	4%	6%	7%	5%	0%
Emselex	3%	2%	2%	5%	2%	2%	3%	3%	2%	2%	4%	2%	7%
Spasmo-lyt	2%	4%	2%	0%	1%	1%	2%	2%	0%	1%	1%	4%	0%
Kentera	1%	1%	2%	1%	1%	1%	1%	1%	0%	1%	1%	0%	0%

Choose one answer

(Nordic respondents with urinary dysfunction who have spoken with their doctor and have been taken medication) N=890



The patients' experiences with their medication

Conclusions

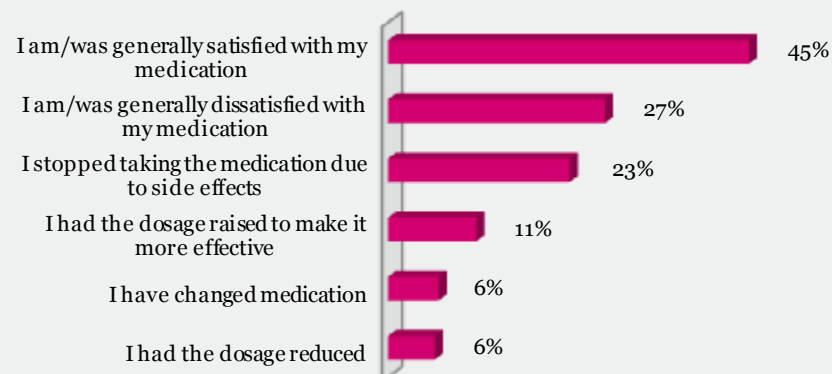
27% of the patients in the Nordic countries are dissatisfied with their medication, and 23% have stopped taking medication due to side effects.

Less patients in Denmark and Finland are satisfied than the patients in the other countries. More patients in Finland have experienced side effects than in the other countries and more have stopped taking medication due to side effects than in the other countries.

More men are generally satisfied than women, and more women have stopped taking a medication due to side effects than men.

Less younger patients are satisfied than older patients, and more have also stopped taking a medication due to side effects than the older patients.

"The patients experiences with their medication"



Which of the following statements applies to you?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
I am/was generally satisfied with my medication	45%	42%	44%	41%	49%	50%	41%	46%	17%	47%	40%	40%	50%
I am/was generally dissatisfied with my medication	27%	30%	30%	26%	25%	26%	28%	26%	48%	25%	32%	29%	17%
I stopped taking the medication due to side effects	23%	22%	28%	24%	20%	18%	26%	22%	41%	23%	24%	22%	13%
I had the dosage raised to make it more effective	11%	15%	8%	10%	11%	8%	13%	11%	7%	14%	10%	8%	7%
I have changed medication	6%	6%	8%	6%	6%	6%	7%	6%	11%	7%	5%	5%	10%
I had the dosage reduced	6%	5%	5%	9%	5%	6%	6%	6%	4%	5%	6%	6%	3%

You may choose more than one answer

(Nordic respondents with urinary dysfunction who have spoken with their doctor and have been taken medication) N=890



The effect of the medication

Conclusions

Some patients have less severe symptoms when on medication. They use the toilet less both day and night and last longer leading to fewer 'accidents'. They also sleep better and worry less, some have better life quality as well. On the other hand, 4 out of 10 patients haven't experienced any improvement at all.

Less patients in Denmark have experienced improvement than in the other countries and more still go to the toilet more than in the other countries.

Less women have experienced improvement than men, while less men go to the toilet at night than women. More older patients have experienced improvement than younger patients.

More OAB patients experience improvement than Stress patients, and use the toilet less often day and night.

"The effect of the medication"



If you have/have been taking medication for your urinary dysfunction, what difference has the treatment made for you?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
I haven't experienced any improvement	40%	44%	38%	40%	38%	37%	42%	39%	61%	40%	42%	45%	23%
I can last longer so that I make the toilet in time	28%	31%	28%	27%	27%	25%	31%	29%	15%	32%	25%	23%	23%
I use the toilet less during the night	27%	25%	31%	27%	28%	33%	23%	28%	15%	27%	27%	22%	30%
I use the toilet less in general	23%	15%	27%	24%	25%	21%	24%	23%	15%	24%	22%	15%	20%
I am less worried	21%	17%	26%	20%	22%	23%	20%	22%	9%	21%	19%	21%	33%
I sleep better	19%	15%	18%	20%	20%	23%	16%	19%	7%	19%	18%	17%	23%
My quality of life has improved	14%	14%	18%	17%	12%	15%	14%	15%	9%	14%	12%	11%	13%
I have much more freedom in general	13%	14%	15%	13%	11%	9%	15%	13%	7%	15%	11%	7%	10%
I don't have urinary dysfunction any longer	5%	2%	4%	8%	5%	6%	4%	5%	9%	2%	4%	4%	7%

You may choose more than one answer

(Nordic respondents with urinary dysfunction who have spoken with their doctor and have been taken medication) N=890



Have you had other types of treatments?

Conclusions

5 out of 10 patients have not received any other treatment. Among those who have tried other treatments, some have done pelvic floor exercises, some have done bladder training and some have had surgery.

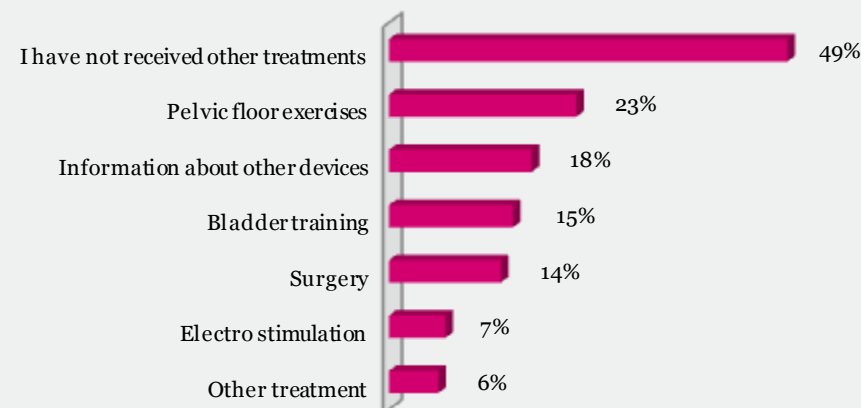
More patients in Finland have done pelvic floor exercises and bladder training than in the other countries. More patients in Norway and Denmark have had surgery than in the other countries.

More women have had other treatments than medication than men, and more women have done pelvic floor exercises than men.

More younger patients have done bladder training than older patients, while more older patients have had surgery than younger patients.

More stress patients have done pelvic floor exercises and bladder training than OAB patients.

“Have you had other types of treatments?”



Have you had other types of treatments for your urinary dysfunction?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
I have not received other treatments	49%	49%	44%	49%	52%	61%	40%	49%	48%	46%	58%	38%	40%
Pelvic floor exercises	23%	23%	37%	18%	20%	9%	34%	23%	22%	27%	15%	37%	30%
Information about other devices	18%	16%	17%	14%	20%	15%	20%	17%	33%	22%	15%	15%	13%
Bladder training	15%	11%	27%	18%	12%	10%	19%	15%	24%	17%	11%	21%	13%
Surgery	14%	15%	10%	17%	13%	12%	15%	15%	2%	15%	11%	11%	30%
Electro stimulation	7%	2%	8%	13%	6%	3%	10%	7%	11%	8%	5%	10%	7%
Other treatment	6%	10%	4%	4%	5%	6%	6%	6%	4%	5%	8%	4%	0%

You may choose more than one answer

(Nordic respondents with urinary dysfunction who have spoken with their doctor and have been taken medication) N=890



The effect of the other types of treatment

Conclusions

Some patients who have had other treatments have less severe symptoms. They use the toilet less day and night, sleep better and have better quality of life. However, 45% states that they haven't had any improvement.

More patients in Norway have had improvement than in the other countries. More patients in Denmark and Finland are less worried than in the other countries. Patients in Norway go less to the toilet than they do in the other countries. Patients in Denmark and Finland have better quality of life than in the other countries.

Less women experience improvement than men, and more men also sleep better, use the toilet less day and night and have better life quality.

More Stress patients experience improvement than OAB patients.

"The effect of the other types of treatment"



If you are having/have been having other types of treatments for your urinary dysfunction, what difference has the treatment made for you?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
I haven't experienced any improvement	45%	47%	51%	36%	45%	33%	50%	45%	44%	51%	45%	38%	25%
I can last longer so that I make the toilet in time	22%	25%	23%	25%	19%	23%	22%	23%	9%	24%	22%	12%	13%
I use the toilet less in general	21%	19%	19%	25%	22%	25%	19%	22%	9%	22%	19%	12%	25%
I am less worried	21%	24%	24%	17%	20%	23%	20%	21%	26%	19%	20%	24%	38%
I use the toilet less during the night	19%	17%	25%	17%	20%	24%	17%	20%	13%	20%	16%	14%	19%
My quality of life has improved	16%	20%	20%	15%	14%	20%	15%	16%	22%	17%	11%	11%	38%
I sleep better	16%	16%	15%	15%	18%	25%	12%	17%	9%	17%	14%	9%	13%
I have much more freedom in general	13%	16%	11%	7%	14%	11%	13%	13%	9%	14%	8%	11%	31%
I don't have urinary dysfunction any longer	5%	4%	3%	6%	7%	7%	4%	5%	17%	2%	4%	6%	0%

You may choose more than one answer

(Nordic respondents with urinary dysfunction who have spoken with their doctor and have taken medication – and have been having other types of treatment) N=438



Why have you not spoken with your doctor?

Conclusions

20% don't talk to their doctor because they are ashamed and embarrassed about their disease, while 17% don't think the doctor will take them seriously. 15% didn't even know there was treatments for urinary dysfunction.

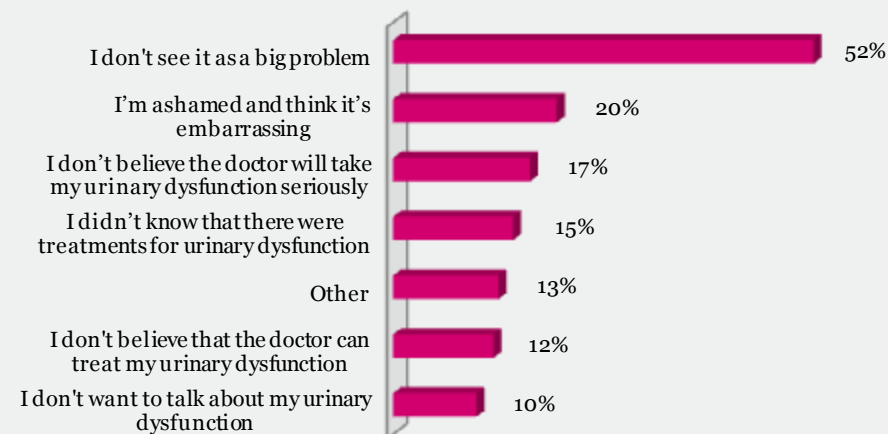
Less patients in Norway are ashamed and embarrassed than s in the other countries. More patients in Denmark doubt the doctor will take them seriously. Patients in Denmark also doubt, that the doctor can treat them more than in the other countries.

More women than men don't talk to their doctor because they find it embarrassing, and they also doubt that the doctor will take them seriously.

More younger people are ashamed and embarrassed than older people and fear the doctor won't take them seriously.

More Stress patients are embarrassed and ashamed than OAB patients.

"Why have you not spoken with your doctor?"



Why have you not spoken with your doctor about your urinary dysfunction?	Total	Denmark	Finland	Norway	Sweden	Men	Women	40 years or more	Under 40 years	Both OAB and Stress	OAB (only)	Stress (only)	Other urinary dysfunction (only)
I don't see it as a big problem	52%	48%	56%	61%	48%	59%	49%	53%	45%	38%	59%	58%	68%
I'm ashamed and think it's embarrassing	20%	21%	21%	15%	22%	13%	23%	19%	30%	31%	12%	18%	10%
I don't believe the doctor will take my urinary dysfunction seriously	17%	21%	14%	15%	17%	12%	19%	16%	24%	25%	13%	13%	13%
I didn't know that there were treatments for urinary dysfunction	15%	17%	13%	14%	15%	17%	14%	15%	17%	20%	13%	13%	9%
Other	13%	12%	13%	10%	14%	10%	14%	13%	13%	15%	11%	12%	10%
I don't believe that the doctor can treat my urinary dysfunction	12%	19%	6%	13%	12%	14%	12%	12%	13%	16%	12%	10%	11%
I don't want to talk about my urinary dysfunction	10%	11%	10%	11%	10%	10%	10%	10%	19%	14%	8%	9%	6%

You may choose more than one answer

(Nordic respondents with urinary dysfunction who have not spoken with their doctor) N=3.752

