

**Appendix Table F118. Urinary incontinence, treatment failure and discontinuation after intensive weight loss programs when compared to no active treatment, individual RCTs**

Reference sample/men	Active	Control	Definition of Outcome	Randomized active/control	Active events/rate	Control events/rate	Relative risk (95% CI)	Absolute risk differences (95% CI)	Number needed to treat (95% CI)	Attributable events/1000 treated (95% CI)
Subak, 2009 <sup>601</sup> Huang, 2009 <sup>541</sup> 338/0	Intensive 6-month weight-loss program (7 to 9% of initial body weight)	Structured education program	Discontinued the intervention	226/112	5/2	15/13	0.17 (0.06; 0.44)	-0.11 (-0.18; -0.05)	-9 (-22; -6)	-112 (-178; -46)
Brown, 2006 <sup>502</sup> 1319/0	Intensive lifestyle therapy to lose and maintain at least 7% of initial body weight and physical activity for at least 150 minutes each week	Placebo twice daily.	Prevalence of stress incontinence after the treatment	659/660	206/31	242/37	0.85 (0.73; 0.99)	-0.05 (-0.11; 0.00)	-18 (-329; -10)	-54 (-105; -3)
			Prevalence of urge incontinence after the treatment	659/660	156/24	169/26	0.92 (0.77; 1.12)	-0.02 (-0.07; 0.03)		