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**UNIVERSIDADE ESTADUAL PAULISTA
“JÚLIO DE MESQUITA FILHO”
FACULDADE DE MEDICINA**

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**Espessura do reto abdominal como fator preditivo da
incontinência urinária específica da gestação: estudo
ultrassonográfico**

*Rectus abdominis muscles' thickness as predictive factor of pregnancy specific
urinary incontinence: ultrasound study*

Dissertação apresentada à
Faculdade de Medicina,
Universidade Estadual Paulista
“Júlio de Mesquita Filho”, Campus
de Botucatu, para obtenção do título
de Mestre em Tocoginecologia.

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“E ainda que tivesse o dom de profecia, e conhecesse todos os mistérios e toda a ciência, e ainda que tivesse toda a fé, de maneira tal que transportasse os montes, e não tivesse amor, nada seria.”

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Lista de abreviações

Português e Inglês

Lista de abreviações em Português

AP	assoalho pélvico
CAAE	Certificado de Apresentação de Apreciação Ética
CEP	Comitê de Ética em Pesquisa
DMG	<i>diabetes mellitus</i> gestacional
Dra.	doutora
FAMEMA	Faculdade de Medicina de Marília
FAPESP	Fundação de Amparo à Pesquisa do Estado de São Paulo
FEMA	Fundação Educacional do Município de Assis
FMRP	Faculdade de Medicina de Ribeirão Preto
IU	incontinência urinária
IU-EG	incontinência urinária específica da gestação
MAP	músculos do assoalho pélvico
MRA	músculos reto abdominais
PPG	Programa de Pós-graduação
Prof. ^a	professora
QV	qualidade de vida
TT3	treinamento técnico 3
UNESP	Universidade Estadual Paulista
US-2D	ultrassonografia bidimensional
USC	Universidade do Sagrado Coração
USP	Universidade de São Paulo

Lista de abreviações em Inglês

%	percentage
3D-US	three-dimension ultrasound
BMI	body mass index
CI	confidence interval
Cm	centimeter
GDM	Gestational Diabetes Mellitus
ICI-Q	International Consultation on Incontinence Questionnaire
ISI	Incontinence Severity Index
Kg	kilogram
LAM	Levator ani muscle
PDRC	Perinatal Diabetes Research Center
PFM	pelvic floor muscles
PFMD	pelvic floor muscle dysfunction
PS-UI	pregnancy specific-urinary incontinence
QOL	quality of life
R	rest
RAM	Rectus abdominus muscle
RR	Relative risk
T	task
UI	urinary incontinence

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