

NOCTURIA, AGE, BODY MASS INDEX AND TREATMENT OF WOMEN WITH URINARY INCONTINENCE

Hypothesis / aims of study

Nocturia is defined as waking at night from sleep to void. And it is shown to be one of the most significant causes of sleep disruption and a source of significant distress for some patients. Sleep fragmentation and disruption is associated with increased morbidity and mortality. The aims of this study was to asses if there is an association between number of nocturnal voids, age and Body Mass Index (BMI) and the result of relevant treatment in women with urinary incontinence.

Study design, materials and methods

At study entrance 1,660 women seeking treatment for urinary incontinence at our department received a questionnaire in which they were asked to report age, the number of voids per night, height and weight, the latter from which the BMI was calculated. After relevant treatment of urinary incontinence 1.298 patients went to a follow-up visit after 3 months. They were asked to report if their symptoms were cured, improved or unchanged. Thus, all the patients acted as their own control group.

Results

Patients were divided into groups according to age: < 30, 30-50, 50-70, >70. Women younger than 30 had in average 1.1 voids per night, 30-50 had 1.75 voids per night, 50-70 had 1.75 voids per night and >70 had 2.64 voids per night. Women with no voiding per night had in average a BMI of 25.38, 1 void a BMI of 26.15, 2 voids a BMI of 26.75, 3 voids a BMI of 27.34, 4 voids a BMI of 26.39 and > 4 voids a BMI of 26.83.

The women who reported that their symptoms were cured after relevant treatment had an average age of 54.43 years and a BMI of 25.89. The group who reported improved symptoms had an average age of 56.94 years and a BMI of 26.51. The group with unchanged symptoms had an average age of 56.07 years and a BMI of 26.30. There is no significant correlation between age, BMI, Nocturia and the result of relevant treatment although there is a tendency to increasing numbers of voids per night with increasing age and the group with unchanged symptoms were older and heavier than the groups who were cured or improved.

Interpretation of results

Our study of 1,660 patients showed that there is a tendency of increasing number of nocturnal voids with increasing age. Although this is not statistically significant. BMI has no influence on the number of nocturnal voids. Younger women were more often cured for their urinary incontinence than elderly women.

Concluding message

There is a need for more specific relevant treatment in elderly with lower urinary tract symptoms and a high number of voids per night compared with younger patients who have a lower number of voids per night.

<i>Specify source of funding or grant</i>	NONE
<i>Is this a clinical trial?</i>	No
<i>What were the subjects in the study?</i>	HUMAN
<i>Was this study approved by an ethics committee?</i>	No
<i>This study did not require ethics committee approval because</i>	It is a questionnaire study which does need an approval by an ethics comittee in our country -Denmark.
<i>Was the Declaration of Helsinki followed?</i>	Yes
<i>Was informed consent obtained from the patients?</i>	Yes