

THE PREVALENCE AND RISK FACTORS OF MALE URINARY INCONTINENCE IN KOREA: A POPULATION-BASED STUDY

Hypothesis / aims of study

The purpose of this study was to identify the prevalence and risk factors for urinary incontinence (UI) in Korean men.

Study design, materials and methods

This study was a population-based epidemiologic survey. A two-stage systematic sampling method was adopted. A total of 5,830 men participated in this survey. Face to face interviews were used to collect data. Age, mobility, self-care ability, co morbidities and smoking were included as potential risk factors. The types of UI and symptom bother were measured with the questionnaire of Urogenital Distress Inventory-6 (UDI-6). To provide representative population prevalence estimates, the sample population was weighted by age.

Results

The age-adjusted prevalence of Korean male UI was 4.7%. Urge urinary incontinence was the most prevalent incontinence type. The age, co morbidity and the problem of self-care were the main risk factor of incontinence. Men aged 65 years and older had a rate of UI eight times that of men aged 19-44 years. Men with problems in mobility or self-care had an OR of 2.29 and 1.71, respectively.

Interpretation of results

The prevalence of UI in Korean men is much lower than that previously reported in Korean women and men in western countries.

Concluding message

The age-adjusted prevalence of UI in community-dwelling Korean men was 4.7%. Age, mobility, and self-care ability were risk factors for male UI.

Table 1. Prevalence of Urinary Incontinence according to age

Variables	Number of subjects (%)				
	Total	19-44	45-64	≥65	
Continence	4536 (81)	2067 (87.9)	1745 (80.2)	724 (55.7)	
Continence with symptom(s)	869 (13.4)	236 (10.1)	311 (14.1)	322 (24.8)	
Incontinence	426 (5.5)	50 (2.0)	127 (5.7)	249 (19.6)	
Type of UI	Stress UI	76 (1.1)	14 (0.6)	27 (1.2)	35 (2.7)
	Urge UI	147 (1.9)	15 (0.6)	48 (2.2)	84 (6.6)
	Mixed UI	148 (1.7)	9 (0.3)	34 (1.5)	105 (8.3)
	Other UI	55 (0.8)	12 (0.5)	18 (0.8)	25 (2.0)

Disclosures

Funding: none **Clinical Trial:** No **Subjects:** HUMAN **Ethics Committee:** Konkuk university hospital IRB committee **Helsinki:** Yes **Informed Consent:** Yes