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Title (type in
CAPITAL
LETTERS)URODYNAMIC FINDINGS IN PATIENTS WITH
CHRONIC FATIGUE SYNDROME (CFS)

Aims of Study: Patients with CFS, an illusive multisystem disorder, often express lower urinary tract complaints. Volunteers with CFS and voiding complaints were evaluated to determine whether they have specific urodynamic abnormalities.

Patients and Methods: Volunteers with CFS and voiding complaints were recruited through mailing lists and fliers. Seven consecutive subjects were interviewed and examined. Six underwent urodynamics consisting of cystometry, electromyography and uroflowmetry.

Results: All subjects were female, mean age 46 years (31-54 years), and had been diagnosed with CFS within 5 years. Voiding complaints preceded the onset of CFS in three of seven subjects. Urinary frequency was the most common complaint, reported in six of the seven volunteers. However, urgency (5/7), incontinence (5/7), dysuria (4/7), urinary tract infections (4/7), hematuria (4/7), pelvic pain (4/7) and dyspareunia (4/7) were also reported. The mean International Prostate Symptom Score was 18 (12-28). Genitourinary physical and neurological exams were normal. Urodynamics consistently demonstrated a normal capacity, compliant bladder with a normal detrusor contraction. Four subjects with an initial normal uroflow pattern demonstrated subsequent mildly obstructive pressure flow patterns. This was probably artifactual due to urethral irritation. We could find no other unifying traits or urodynamic abnormalities among our study subjects. None of the subjects met the National Institute for Health's criteria for diagnosing interstitial cystitis.

Conclusion: Voiding complaints associated with CFS appear to be a sensory phenomenon and not related to a urodynamic abnormality.