

NOCTURIA IS THE MAIN IRRITATIVE SYMPTOM THAT BRINGS THE OLDER MEN TO THE UROLOGIST

Hypothesis / aims of study

This rapid and accentuated aging of the population will have a significant impact on social, economic and health demands. Prominent among the health demands will be those relating to chronic diseases and their incapacitating sequel and other complaints such as irritative urinary symptom and their consequences. Lower urinary tract symptoms (LUTS) typically drive clinical management, and LUTS that may be related to Benign Prostatic Hyperplasia include urgency, frequency, nocturia and possible urge-incontinence during the filling/storage stage of micturition¹. Those symptoms can bring the patients to the urologist. This research was undertaken to evaluate the prevalence of attending the urological office in older men and the irritative urinary complaints that are more prevalent.

Study design, materials and methods

The Pan-American Health Organization and World Health Organization (PAHO/WHO) coordinated a multicenter study named Health, Wellbeing and Aging (the SABE study), to outline the living conditions and health of elderly people living in seven countries of Latin America and the Caribbean. The study population was composed of elderly people (over 60 years old), living in a specific municipality of Brazil in the year 2000. The total sample of 2,143 elderly people was made up of two segments. Data were collected simultaneously, by means of home interviews using a standardized instrument consisting of eleven thematic sections: personal data, cognitive assessment, health status, functional status, medications, use of and access to services, family and social support networks and work history. A detailed description of the methodology used is available at PAHO website. To develop the present study, sections A (personal data) and C (health status) were used.

The presence of nocturia and urinary incontinence was taken to be a dependent dichotomous variable, and this was ascertained as the response "yes" to the question "Do you need to void three times or more at night?" and "Have you lost any amount of urine beyond your control in the last 4 weeks? The patients also responded to the question "Have you attended to a urological office in the last 24 months? For all questions, the categories "Does not know" and "No response" were disregarded and were then considered to be missing values. The statistical analysis was done using the t student.

Results

A questionnaire survey was undertaken among 887 men. The mean age was 68 years. Approximately 15,9% of the men aged from 65 – 69, 30,9% aged from 70 – 79 and 11% older than 80 years, had attended to a urological office at least once in the last 24 months. The tables 1 and 2 show the results about prevalence of the urinary symptoms and the attending to the urological office.

Table 1: Prevalence of irritative urinary symptoms among patients who attended to the urological clinic in 887 elderly men living in a specific municipality of Brazil. * p <0.05

	Urinary incontinence (%)	Nocturia (%)
Go to the urologist	10,6	55,7*
Do not go to the urologist	7,7	30,7

Table 2: Distribution of urinary incontinence symptoms among patients who attended to the urological clinic in 887 elderly men living in a specific municipality of Brazil. * p <0.05

	Urge-incontinence (%)	Stress (%)	Sleeping (%)	Dribbling (%)
Go to the urologist	42.5*	2.6	6.6	4.9
Do not go to the urologist	29.0	0.3	2.0	3.2

Interpretation of results

Nocturia was the most prevalent irritative urinary symptom that brought the men to the urological office (55.7%) while only 10.6% of the men attended to the urologist because of urinary incontinence.

Among the urinary complains the urge-incontinence was the most common (42.5% of the men who attended to the urologist because of urinary incontinence had the symptom).

Concluding message

About 20% of the older men go to the urologist in our circumstances. In those patients the main irritative urinary symptom was nocturia. Thus, based on our results we can state that nocturnal voiding is at least one of the most troubling symptoms in men older than 65 years old. Probably, nocturia is the most important symptom that takes the patient to the urologist.

References

¹ Drugs Aging (2007);24(4):325-43

Specify source of funding or grant	NONE
Is this a clinical trial?	Yes
Is this study registered in a public clinical trials registry?	Yes

<i>Specify Name of Public Registry, Registration Number</i>	SABE
<i>What were the subjects in the study?</i>	HUMAN
<i>Was this study approved by an ethics committee?</i>	Yes
<i>Specify Name of Ethics Committee</i>	ETHICAL COMMITTEE OF SÃO PAULO UNIVERSITY
<i>Was the Declaration of Helsinki followed?</i>	Yes
<i>Was informed consent obtained from the patients?</i>	Yes