

THE RELATIONSHIP BETWEEN LOWER URINARY TRACT SYMPTOM AND METABOLIC SYNDROME IN A COMMUNITY BASED ELDERLY POPULATION

Hypothesis / aims of study

Several evidences indicate a relationship exists between lower urinary tract symptoms (LUTS) and the metabolic syndrome. We investigated the relationship between metabolic syndrome and LUTS in community based old population.

Study design, materials and methods

We collected the data from Korean Longitudinal Study on Health and Aging (KLoSHA). We selected a total of 348 male participants by random sampling. The selected patients were interviewed with questionnaire including international prostate symptom score (IPSS) and were evaluated with history taking, physical examination, blood tests and transrectal ultrasound. We divided the participant into two groups: metabolic group which corresponded to the metabolic syndrome criteria (n=102, 74.3±8.1 years old) and non-metabolic group which did not (n=246, 74.9±8.1 years old). We compared the voiding symptom, quality of life (QoL) and prostate volume between two groups.

Results

There was no significant difference in regard to the mean IPSS and QoL score between metabolic group and non metabolic group. The total IPSS of two groups were 11.1±8.2 and 12.3±8.8 respectively (p>0.05) with QoL score of 2.1±1 and 52.4±1.6, respectively (p>0.05). The percentages of patients with moderate to severe voiding symptom (IPSS≥8) were not different between two groups (55%; 61 %) (p>0.05).

Interpretation of results

No statistical differences were found in regard to voiding symptom between metabolic group and non-metabolic group.

Concluding message

This study shows that there was no relation between LUTS and metabolic syndrome in Korean old male patients.

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| <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> | Yes |
| <i>Specify Name of Ethics Committee</i> | Institutional Review Board of Seoul National University Bundang Hospital (SNUBH) |
| <i>Was the Declaration of Helsinki followed?</i> | Yes |
| <i>Was informed consent obtained from the patients?</i> | Yes |