

## THE PREVALENCE OF BENIGN PROSTATIC HYPERPLASIA IN ELDERLY MEN IN KOREA: COMMUNITY-BASED STUDY

### Hypothesis / aims of study

The incidence of benign prostatic hyperplasia (BPH) is increasing in Korea, especially in the aged population. However, there are few reports about prevalence of BPH in elderly person in Korea. We report the prevalence of BPH in an elderly population through community-based study.

### Study design, materials and methods

We collected the data from Korean Longitudinal Study on Health and Aging (KLoSHA) that was designed as population-based, prospective study in population aged >65 years living in a satellite city of Seoul in Korea. We selected 301 male participants by random sampling. The selected participants were interviewed with international prostate symptom score questionnaire (IPSS) and were evaluated with physical examination, blood tests and transrectal ultrasound. The number of analyzed subjects was 236. The definition of BPH in this study was combination of moderate (8-19) to severe (>19) IPSS, prostate enlargement (>30gms on transrectal ultrasound).

### Results

The prevalence of BPH was 36% in late sixties, 43% in seventies and 53% in over eighty (overall, 40%). BPH prevalence was increased according to the age but not statistically significant. Based on IPSS, 37% had moderate symptoms and 16% had severe symptoms. The percentage of men with moderate to severe symptoms was increased according to the age but not statistically significant.

### Interpretation of results

The overall prevalence of BPH in this study was 40%, which was higher than other epidemiological studies of Korea. Moreover, LUTS score was also higher than other Korean reports.

### Concluding message

This study suggests that more aggressive evaluation of BPH in old male population should be required in Korea.

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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>	Seoul National University Bundang Hospital IRB committee
<i>Was the Declaration of Helsinki followed?</i>	Yes
<i>Was informed consent obtained from the patients?</i>	Yes