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PREVALENCE OF LOWER URINARY TRACT SYMPTOMS IN ADULTS: A POPULATION-BASED STUDY IN CHINA.

Hypothesis / aims of study
To evaluate the prevalence, associated risk factors and the impact on health related quality of life (HRQoL) of lower urinary tract symptoms (LUTS) among men and women aged≥18 years in China using the 2002 International Continence Society (ICS) definition.

Study design, materials and methods
The population-based, cross-sectional field survey was conducted between July 2011 and February 2012 in five cities of China using questionnaires regarding demographics, the prevalence and the HRQoL. A random sample of men and women aged≥18 years residing in the five cities who were representative of the general populations was selected for demographic questionnaires, Overactive Bladder Symptom Score (OABSS) and International prostate symptom score(IPSS) first. The individuals meeting the diagnostic criteria of LUTS were further interviewed through King's health questionnaire (KHQ) and ICIQ-MLUTS/ICIQ -FLUTS to estimate the impact of LUTS on HRQoL. Using 2002 ICS definitions, the prevalence estimates of storage, voiding, and postmicturition LUTS were calculated. Data were weighted by city, age cohort, and gender.

Results
A total of 3,513 individuals were contacted to participate in the survey, and 3,023 individuals (1,551 men, 1,472 women) with complete data were included in this study. 80.6% reported at least one LUTS. Nocturia was the most prevalent LUTS (men, 59.1%; women, 64.5%). The prevalence of storage LUTS (men, 61.5%; women, 69.2%) was greater than that for voiding (men, 28.4%; women, 29.5%) and postmicturition(men, 18.8%; women, 15.2%) symptoms combined. The overall prevalence of OAB was 22.8%; Advanced age and BPH were associated risk factors for LUTS in men; Advanced age, more parities were potential risk factors for LUTS in women. LUTS, especially retention of urine, enuresis and UUI, had a detrimental effect on HRQoL.

Interpretation of results
LUTS are highly prevalent in the cities surveyed in China. Many known risk factors are associated with OAB. The symptoms of OAB have a detrimental effect on HRQoL

Concluding message
The study is the largest population-based field survey to assess prevalence rates of LUTS in China using the 2002 ICS definitions. Efforts need to be made to improve public and professional education about the problems of OAB and decrease the unnecessary burden of this condition.

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