

OVERACTIVE BLADDER IN WOMEN WITH SLEEP APNEA-HIPOAPNEA SYNDROME

Hypothesis / aims of study

Overactive Bladder Syndrome (OAB) is characterized by urgency to urinate, which may be accompanied by increased frequency, nocturia and incontinence. Although nocturia is a common symptom in the setting of sleep apnea-hypopnea syndrome (OSA), the association between OAB and SAHS is not well known. The aim of this study was to analyze the presence of OAB in female patients diagnosed from OSA.

Study design, materials and methods

Seventy-two consecutive female patients for polysomnography (PSG) for suspected OSA were included. All patients fulfilled the spanish validated version of the "Bladder Control Self-Assessment Questionnaire" (B-SAQ). The B-SAQ consists of 2 subscales: "symptoms", consisting of 4 items (urgency, frequency, nocturia and incontinence) and "discomfort" in which it is established the degree of distress associated with symptoms (from 0 to 3). Differences in B-SAQ between patients who were diagnosed from OSA (AHI>5) as opposed to those with normal PSG results were analysed by the U-Mann-Whitney test. Correlations between quantitative variables were analysed by using the Spearman correlation coefficient.

Results

The scores of "Symptoms" and "Discomfort" were significantly higher in patients who were diagnosed OSAS (table).

	IAH<5	IAH>5	p
N	10	62	
Age*	50 (46-63)	54 (43-63)	0,8
Body Mass Index*	26,6 (23,8-39,2)	35,3 (31,8-43,3)	0,052
B-SAQ Symptoms*	3 (1-4)	5 (2-7)	0,027
B-SAQ Discomfort*	1 (0-1)	4 (2-7)	0,002

*Median (interquartile range)

Interpretation of results

Patients with OSA scored significantly higher for symptoms of urgency, nocturia and incontinence and 4 items of "Discomfort". The AHI was significantly correlated with the score of "Symptoms" ($r = 0.297$, $p = 0.013$) and that of "Discomfort" ($r = 0.258$, $p = 0.03$). There was no significant correlation between the BMI and the B-SAQ.

Concluding message

Obstructive sleep apnea is associated with overactive bladder syndrome in women. The Bladder Control Self-Assessment Questionnaire is a valid instrument to assess overactive bladder in patients with OSA.

Disclosures

Funding: nothing **Clinical Trial:** No **Subjects:** HUMAN **Ethics not Req'd:** we only pass questionnaires **Helsinki:** Yes **Informed Consent:** Yes