

COMPARATIVE STUDY OF THE LOWER URINARY TRACT SYMPTOMS WITH WALKING EVENT PARTICIPANTS AND LOCAL RESIDENTS

Hypothesis / aims of study

The lower urinary tract symptoms (LUTS) is one of the symptoms to not a little have an influence on daily life and the quality of life. To develop health promotion activity including LUTS, we compared LUTS with local residents and the eager walking event participant for health maintenance.

Study design, materials and method

Subjects were 146 individuals age 40 and over ("participation group") from among 189 participants in a walking event in 2010. A comparison control group consisted of 404 individuals age 40 and over who had provided valid responses to a lifestyle survey of 1,600 local residents age 20 and over in 2012. A questionnaire survey of both groups was conducted by mail.

Survey items were demographic characteristics (age and sex), health (BMI, previous history if any, subjective health assessment), sleep patterns and quality used Athens Insomnia Scale (AIS), and QOL in relation to lower urinary tract symptoms (Increased daytime frequency, Nocturia, Urgency, Urge urinary incontinence, Stress urinary incontinence, Slow stream, Straining, Feeling of incomplete emptying, Bladder pain, and Urethral pain) and symptoms. Responses were analyzed by calculating descriptive statistics and then grouping the individuals who participation and the control group by sex to compare the groups. A t test and a χ^2 test were performed in depending on the item.

Results

Responses from 221 men (38 individuals who participation and 183 members of the control group) and 329 women (108 individuals who participation and 221 members of the control group) were analyzed. No differences in the demographic characteristics, BMI. However, women who participation tended to have significantly more previous history, and both men and women who participation had a significantly better subjective health assessment and exercise habits. No differences in the sleep patterns and quality of the two groups were noted. Men and women who participation had significantly less daytime frequency, and men who participation were significantly less likely to have a slow stream. Women who participation tended to have significantly less nocturia. No differences in the QOL in relation to urination were noted in the two groups.

Interpretation of results

At participation group which was eager for health maintenance, the sleep did not have the difference than local residents, but was the result that was significantly better subjective health assessment. In addition, results were showed that a difference occurred for LUTS because of sex differences.

Concluding message

In future, we are going to examine health promotion activity contents including LUTS for healthy lifestyle support.

References

1. Vitor Last Pintarelli et al.: Elderly men's quality of life and lower urinary tract symptoms: an intricate relationship; *Neurourology*, 37(6), 758-765, 2011
2. P.Boyle et.al: The relationship between lower urinary tract symptoms: the UREPIC study; *BJU International*, 92, 575-580, 2003
3. Homma Y, Kakizaki H, Gotoh M, Takei M, Yamanishi T, Hayashi K : Epidemiologic survey on lower urinary tract symptoms in Japan.; *Journal of Neurogenic Bladder Society*,14, 266-277, 2003

Disclosures

Funding: None **Clinical Trial:** No **Subjects:** HUMAN **Ethics not Req'd:** Ethical considerations were addressed by providing study participants with a written explanation of the purposes of the study, the voluntariness of participation, the right to refuse consent, and the fact that privacy would be fully protected and how it would be protected. Consent was obtained when the questionnaire was collected. **Helsinki:** Yes **Informed Consent:** No