

PREVALENCE OF BENIGN PROSTATIC HYPERPLASIA OF SOUTH KOREA ON THE BASIS OF COMMUNITY SURVEY

Hypothesis / aims of study:

Benign prostatic hyperplasia (BPH) is one of the most common diseases for elderly men, and it has been reported that the incidence of BPH is increasing with age. But, the exact prevalence of BPH in Korea is less clear yet. Thus, this study was undertaken to describe the prevalence of BPH among Korean rural men through cross-sectional designed survey.

Study design, materials and methods:

We enrolled men aged 40 years old or older living in Yangpyeong county, Gyeonggi province, South Korea. The survey periods were August to September 2009, August 2010 and August 2011. International prostate symptom score (IPSS), demographic information, and prostate specific antigen (PSA) were collected by a trained investigator. Digital rectal examination (DRE) and transrectal ultrasonography (TRUS) were performed by single urologist. The BPH was defined by moderate to severe voiding symptom (total IPSS score >8) and prostate enlargement (>25 ml using TRUS).

Results:

Of 783 subjects that were participated in this study, 1 man diagnosed prostate cancer before and 100 men whose results were incomplete were excluded from analysis. Of 682 subjects, we excluded 69 cases with abnormal DRE and PSA > 4ng/ml. The prevalence of BPH was 20.6% (126 of 613). Among these subjects, 2 (4.4%) were between 40 and 49, 18 (10.8%) were between 50 and 59, 45 (22.2%) were between 60 and 69, and 61 (30.7%) were 70 years of age older, respectively. The mean prostate volume was 36.9±11.6ml and the mean PSA level was 1.54±0.88ng/ml. The mean IPSS score and quality of life score were 14.8±6.06 and 3.6±0.9, respectively.

Interpretation of results:

Of these 126 subjects, 25 men (24.8%) were diagnosed with BPH in the past, 101 men (75.2%) were newly diagnosed with BPH. The mean IPSS score of subjects were diagnosed with BPH in the past was higher than that of subjects were newly diagnosed with BPH (18.2±6.38 vs. 14.0±5.71, p=0.0017)

Concluding message:

The prevalence of BPH in rural area of South Korea was 20.6% and it was increased according to age.

References

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Disclosures

Funding: NONE **Clinical Trial:** No **Subjects:** HUMAN **Ethics Committee:** Institutional review board of Hanyang university Seoul hospital **Helsinki:** Yes **Informed Consent:** Yes