

IMPACT OF LOWER URINARY TRACT SYMPTOMS ON CONSTIPATION IN COMMUNITY-DWELLING ELDERS

Hypothesis / aims of study

The reported prevalence of constipation is the highest in older adults. It was reported to be 30% in community dwelling elders. The association between constipation and lower urinary symptoms is not entirely understood. Constipation has been associated with lower urinary tract symptoms in several studies. The purpose of this study was to measure the prevalence of constipation in community dwelling elders and analyze the impact of lower urinary tract symptoms on constipation.

Study design, materials and methods

Data collection for this cross sectional study occurred from February to November 2010. Two hundred twenty- six participants were recruited from a single Community Senior Center in H-city and 5 Community Senior Centers in J-city. Interviews were completed by the principal investigator and an assistant; interviews were completed in the 6 Senior Centers. Interview requires approximately 20 minutes. Respondents were queried about demographic characteristics and lower urinary tract symptoms including urinary incontinence. The presence of constipation was established using Rome II criteria. Multiple logistic regression analysis was used to test for association between lower urinary tract symptoms and constipation.

Results

The prevalence of constipation was 27.9%. The most bothersome constipation symptoms were 'hard or lumpy stools' reported by 31.6% and 'straining during a bowel movement' reported by 28.1%. Analysis via logistic regression found that constipation is associated with gender (OR=9.43; 95% CI 1.08 to 83.33) and lower urinary tract symptoms (OR=1.10; 95% CI 1.02 to 1.14).

Interpretation of results

Slightly more than one quarter of elderly Korean women reported symptoms of constipation. Associated factors were female gender and lower urinary tract symptoms.

Concluding message

Findings from the study revealed a constipation prevalence rate of 27.9% in elders. Multivariate analysis revealed that two factors were associated with a significantly increased likelihood of constipation, female gender and lower urinary tract symptoms. Further research is needed to explore the relationships between these factors and the pathophysiologic of constipation.

References

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Disclosures

Funding: No **Clinical Trial:** No **Subjects:** HUMAN **Ethics Committee:** Committee for the Protection of Human Subjects (CPHS) of the University of Texas Health Science Center at Houston Institutional Review Board at Jeju National University Hospital.

Helsinki: Yes **Informed Consent:** No