

## 1063

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### VOIDING TIME IS PROLONGED WITH AGE

#### Hypothesis / aims of study

The diagnosis and evaluation of lower urinary tract symptoms (LUTS) are usually based on data obtained by uroflowmetry, maximum voiding rate, voiding volume, and a patient self-reported voiding diary. However, voiding time is not often studied. One study showed that the voiding time of mammals was  $21 \pm 13$  seconds, regardless of body mass<sup>1</sup>). This study investigated voiding time in the Japanese population.

#### Study design, materials and methods

A questionnaire survey was used to determine voiding time in Japanese participants aged 20 years or older. In addition to demographic data such as age and sex, the relevant medical conditions including hypertension, diabetes mellitus, renal impairment, and other disorders were also recorded. The Overactive Bladder Symptom Score<sup>2</sup>) was recorded for all participants, and International Prostate Symptom Score/Quality of Life questionnaires were used in men. 'Voiding time' was measured when the participant had the usual urge to void.

#### Results

In total, 2,439 healthy individuals (1,347 men, mean age:  $60.50 \pm 12.16$  years; and 1,146 women, mean age:  $51.16 \pm 12.97$  years) participated in the survey. 'Voiding time' was  $27.71 \pm 20.25$  seconds (s) for men, and  $17.49 \pm 11.87$  s for women. There were 1,227 participants (1,026 men, mean age:  $67.12 \pm 9.93$  years; 201 women, mean age:  $60.26 \pm 11.02$  years) with hypertension, diabetes mellitus, renal impairment, or other disorders. In this subgroup of patients, 'voiding time' was  $30.71 \pm 20.98$  s, and  $21.28 \pm 15.56$  s in men and women, respectively.

#### Interpretation of results

'Voiding time' was prolonged with age, and longer in men than women.

#### Concluding message

This self-reported internet questionnaire survey showed that 'voiding time' was longer in men than women regardless of age, and was significantly prolonged with age regardless of sex. 'Voiding time' can be easily measured, making it a useful to increase awareness of LUTS.

#### References

1. PNAS. 2014;19;111:11932-7.
2. Urology. 2006, 68: 318-23.

#### Disclosures

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