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Title (type in CAPITAL LETTERS)	OVERACTIVE BLADDER ; PREVALENCE, CHARACTERISTICS AND IMPACT.

Aims of study:

Evaluating the prevalence , patient characteristics and impact of overactive bladder (oab) in a random Dutch population of over 18 years of age .

Methods:

A telephonic and computerized random sample of over 2000 persons older than 18 year was questioned about symptoms of overactive bladder. Those admitting to symptoms of oab were specifically questioned about their background, specific symptoms and consequences of their oab complaints. The results were compared with the overall results in the general population.

Results:

Ten percent of the persons questioned complained of oab symptoms. 5 % had 3 or more symptoms of oab. The most frequent mentioned symptoms were nycturia over 3 times per night, daytime frequency of over 8 times and urinary urgency. Women were more affected then men(11% vs 9%). The most frequently affected age group was 50-59 years of age. There was a tendency to a lower education in the affected group. In the oab group only 29% described their health as good or excellent as compared to 74% in the general population. In the oab group 72% had visited their doctor in the last year as compared to 35% in the general population. The median duration of the complaints was 1-3 years . Twenty five percent in the oab group experienced some degree of impairment in daily life due to their complaints. The most frequent affected items were shopping , walking and entertainment. Two third of the oab group had never discussed their problem with an other person including their doctor.

Conclusion:

Overactive bladder has a high prevalence of 10 per cent in the general population of older than 18 years. It has a profound negative impact on the lives of those affected and is still a big taboo.

References.

The overactive bladder; From basic science to clinical management. Urology 1997;50(supplement): 1-114