

THE LONG TERM URODYNAMIC BEHAVIOR OF 102 PATIENTS WITH INTERSTITIAL CYSTITIS

Aims of Study

The natural history of Interstitial Cystitis (IC) is not completely known, once the patient is generally submitted to multiple treatments along the time. The objective of the present study is to evaluate the evolutive behavior of the disease, in the attempt of verifying the presence of parameters with prognostic value.

Methods

We revised files from 102 patients suffering from Interstitial Cystitis submitted to clinical and multichannel urodynamic evaluation, by the same urologist in the last 20 years. Three groups with similar number of patients were created with the purpose of studying the behavior of IC along the time, in different periods since the beginning of symptoms (0 to 2 years, 2 to 5 years and 5 to 40 years). The urodynamic parameters studied were: first sensation of bladder filling, first desire to void, cystometric capacity, bladder compliance, occurrence of detrusor overactivity and post void residual volume.

Results

The most frequent symptoms were pollakisuria (61.7%), pain during bladder filling (65.7%) and nocturia (50%); there was not significant difference between male (n=16) and female (n=86) patients. The mean age at the beginning of the symptoms was 39 years old. The mean time since the beginning of the symptoms to the occasion of the urodynamic test was six years. There was a significant reduction in nocturnal voiding intervals when comparing the 2 to 5 years group and the 5 to 40 years to the 0 to 2 years one. Comparison of the 2 to 5 and the 5 to 40 years groups did not present this difference. The urodynamic parameters: first sensation of bladder filling, first desire to void, cystometric capacity, and post void residual volume did not reach statistical differences when evaluated along the time of existence of the disease. The occurrence of detrusor overactivity and reduced bladder compliance were sporadic and without statistical differences among the groups (Table 1).

Table 1- Clinical and Urodynamic parameters against time

	0 to 2 years	2 to 5 years	5 to 40 years
Total	39	28	35
Female	33	24	29
Male	6	4	6
Age at the beginning of symptoms (Average in years)	37.6 ± 11.4	38.9 ± 14.6	37.9 ± 11.0
Mean time since the beginning of symptoms (years)	1.4 ± 0.6	3.7 ± 0.8	12.9 ± 90.5
Nocturnal voiding interval (hours)	2.62 ± 0.98**	1.81 ± 0.87*	1.78 ± 0.98*
First sensation of filling (ml)	103.6 ± 49.4	104.3 ± 39.2	102.2 ± 45.9
First desire to void (ml)	158.6 ± 53.8	156.7 ± 45.7	158.2 ± 74.7
Cystometric capacity (ml)	282.0 ± 73.8	253.0 ± 90.2	256.3 ± 103.5
Presence of detrusor overactivity (n)	2	1	0
Decreased bladder compliance (n)	2	4	4
Post void residual volume (ml) (average)	0.5 ± 2.5	3.2 ± 13.3	1.7 ± 4.7

* p < 0.01 (0.003)

+ p < 0.01 (0.001)

Conclusions

The temporal evolution of Interstitial Cystitis was marked by an increase in the number of nocturnal voids until 2 years since the beginning of the symptoms. After this time, it seems that symptoms and urodynamic parameters stabilize. These findings suggest that Interstitial Cystitis is not an evolutive disease as rule.