

STUDY OF SYMPTOMS IN MEN WITH CHRONIC PROSTATITIS/CHRONIC PELVIC PAIN SYNDROME

Hypothesis / aims of study

Prostatitis is an extremely common syndrome that afflicts 2%-10% of men and is now classified into NIH category. Of these, NIH category III (Chronic Prostatitis/Chronic Pelvic Pain Syndrome; CP/CPPS) varies widely in clinical presentation and response to treatment. We evaluated the characteristic symptoms of CP/CPPS based on NIH chronic prostatitis symptom index (NIH-CPSI), International Prostate Symptom Score (IPSS) and International Index of Erectile Function-5 (IIEF-5) for the exploration the future prospects of treatment.

Study design, materials and methods

The candidates with category IIIa and IIIb chronic pelvic pain syndrome were from 3rd decade to 5th decade for exclusion of effects of BPH. Exclusion criteria were the past history of neurogenic bladder, BPH, UTI or urethral stricture, etc. The NIH-CPSI, IPSS and IIEF-5 were used to grade symptoms and the quality of life impact at the start of the study. We investigated the correlation of the each domain of the scales categorized by age, location and multiplicity of the pain, and duration of the disease. SPSS used for statistical analysis.

Results

114 subjects agreed to participate in the study. The data from 103 patients were available for evaluation. Mean age of the patients was 40.99±8.5 (3rd decade; 8 patients, 4th decade; 32, 5th decade; 61). Total scores of NIH-CPSI, IPSS and IIEF-5 were 18.9±8.2, 13.7±8.4 and 17.1±6.0, respectively (mean±SD). There were significant correlation between total domain of IPSS and urinary domain of NIH-CPSI (R=0.82), and irritative domain of IPSS and urinary domain of NIH-CPSI (R=0.76) with pearson's method. Analysis of the scores categorized by age revealed that 5th decade had high IPSS total score. Analysis of the scores categorized by location and multiplicity of the pain revealed that the most common site of the pain was perineum (33.6%), and the patients who had 3 or more painful area had higher scores in all domains of CPSI and IPSS than the patients who had one painful area. Analysis of the scores categorized by duration of the disease revealed that the IPSS scores of the patients suffered during 1year or more were higher than the patient suffered during 6months or shorter.

Interpretation of results

In our study, there were voiding symptoms, genitourinary pain and erectile dysfunction in patient with CP/CPPS, There was significant correlation between urinary domain of NIH-CPSI and total score of IPSS. In 5th decade, the score of the obstructive domain of IPSS was higher than other decades and the scores of pain domain of CPSI were lower.

Concluding message

Analysis of the scores of CPSI and IPSS categorized by age suggested that α-blocker might be helpful in middle-aged patients with CP/CPPS.

FUNDING: NONE

DISCLOSURES: NONE

CLINICAL TRIAL REGISTRATION: This clinical trial has not yet been registered in a public clinical trials registry.

HUMAN SUBJECTS: This study did not need ethical approval because this study was a retrospective study. but followed the Declaration of Helsinki Informed consent was not obtained from the patients.