

PREVALENCE OF INTERSTITIAL CYSTITIS (IC/PBS) IN ADULT WOMEN IN THE GENERAL POPULATION IN JAPAN

Hypothesis / aims of study

The aim of this study was to clarify the prevalence of interstitial cystitis (IC/PBS) in adult women in the general population in Japan by using the IC symptom score.

Study design, materials and methods

An online questionnaire survey through an internet-based market research company that enrolled 561,631 men and women in Japan was conducted from January 9 to January 12, 2007. After the women had been allocated to four age groups – 20s, 30s, 40s, and 50s or older – a total of 80,367 women, comprising an almost equal number from each age group, were then randomly invited to participate in this study. The O'Leary and Sant symptom index, which contains 4 items (Q1–Q4: 0 to 5 points for each item), was used as the questionnaire. The following classification was defined on the basis of the total points score: 0 to 3 points for negligible IC symptoms, 4 to 6 points for mild symptoms, 7 to 11 points for moderate symptoms, and 12 to 20 points for severe symptoms. A category of high risk for IC was defined as severe IC symptoms including nocturia (twice or more) and pain (2 points or more).

Results

A total of 32,074 women (39.9% of those initially invited), ranging in age from 20 to 88 years (median 39 years), participated in the study. Among the total participants, 76.6% had negligible IC symptoms, 17.3% had mild symptoms, 5.6% had moderate symptoms, and 0.5% had severe symptoms. The incidence ratio of women with a high risk for IC was 0.265% (85/32,074) among the total participants, and the corresponding ratios in each age group were 0.256% for women in their 20s, 0.355% for those in their 30s, 0.166% for those in their 40s, and 0.279% for those in their 50s.

The distribution of number of participants

Total points score	Age-group				total
	20's	30's	40's	50's≤	
0-3	6304	6285	6069	5908	24566
4-6	1419	1390	1302	1439	5551
7-11	433	449	403	515	1800
12-20	37	48	36	36	157
Total	8193	8172	7810	7899	32074

Interpretation of results

Comparison with previous reports revealed no difference in the prevalence of IC in adult women in the general population between Japan and western countries.^{1),2)}

Concluding message

The prevalence of IC in adult women in the general population in Japan has been clarified.

References

- 1) Temml, C. Wehrberger, C. Riedl, A. Ponholzer, M. Marszalek, S. Madersbacher
Prevalence and Correlates for Interstitial Cystitis Symptoms in Women Participating in a Health Screening Project. European Urology, Volume 51, Issue 3, Pages 803-809 C.
- 2) Rosenberg MT, Hazzard M.
Prevalence of interstitial cystitis symptoms in women: a population based study in the primary care office. J Urol. 2005 Dec;174(6):2231-4.

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HUMAN SUBJECTS: This study did not need ethical approval because it was the investigation intended for participants contracting with the internet research company. but followed the Declaration of Helsinki Informed consent was obtained from the patients.