Introduction

- Lower urinary tract symptoms (LUTS) are a common health problem among both men and women and increase with age. LUTS negatively impact several aspects of patients’ quality of life (QOL).
- An appropriate management and treatment of LUTS, such as lifestyle modification, pelvic floor muscle exercise, medication, and surgical treatment can improve patients’ QOL.
- However, most of people are reportedly unaware of this disease even in health care provider.
- The aim of this study was to clarify the prevalence of LUTS and to visible distress accompanying LUTS in a common examinee population undergoing medical checkups. Moreover, to reveal whether there were different behavior between males and females for their LUTS.

Methods

- This study was a cross-sectional, study conducted in communities located in Japan.
- Approval for the study was obtained from the local institutional ethics committee.
- A total of 961 (599 males, 362 females) residents aged >40 years who presented for a medical examination were enrolled in this study.
- Residents who were asked to participate were provided anonymous questionnaires.
- To evaluate LUTS, we used following tools; IPSS: the International Prostate Symptom Score ICIQ-SF: the International Consultation on Incontinence Questionnaire-Short Form OABSS: overactive bladder symptom score Original questionnaire (inquiring about patients’ distress and behavior with LUTS)
- The chi-squared test was used to evaluate the prevalence of LUTS between the sexes, and p-values of <0.05 were considered statistically significant.

Results

- Prevalence of nocturia
  - More than 1 time
  - More than 2 times
- The rate of distress with LUTS
- The rate of give up their activity for LUTS
- The status of visiting physicians among people who distress with LUTS

Conclusions

- More than 70 % of men and women with distress for LUTS want to consult the physicians.
- Overall prevalence of LUTS and distress with LUTS were similar in both sexes.
- However, women were more embarrassed to visit a medical institution to consult a physician than men among a medical checkup examinee population.
- It seemed that women gave up their activity to cope with their daily life.
- Adequate education regarding LUTS is more needed to encourage patients, particularly females, to visit their physicians to improve their LUTS.