

PREVALENCE OF LOWER URINARY TRACT SYMPTOMS. AN EPIDEMIOLOGICAL STUDY IN MEN, AGED 46 TO 103 YEARS.

Hypothesis / aims of study

Lower urinary tract symptoms, LUTS, have previously been described to increase with increasing age (1, 2). The aim of this study was to describe the prevalence of LUTS (storage and voiding) and the impact of LUTS on health-related quality of life, HRQL, in a large random sample of men using the International Prostate Symptom Score, IPSS.

Study design, materials and methods

In 2003, 10830 men, born in 1957 and earlier were selected at random from the National Population Register. The men received a self-administered postal questionnaire on LUTS, which included assessment with the IPSS (3). There were also other questions on social, medical and demographic data.

Results

Of the 10830 men who were contacted, 7350 men (68%), aged 46 to 103 years responded to the questionnaire. LUTS were assessed using the IPSS, being divided into storage (frequency, urgency and nocturia) and voiding symptoms (straining, weak stream, interrupted flow and incomplete emptying). Each question was scored from 0 (symptom not present) to 5 (symptom present at almost every micturition during the last month). For the symptom of nocturia 0 meant no occurrence, while 5 meant nocturia five or more times during the last month. The IPSS also contains a question on HRQL, where the men were asked to assess their feelings for having their urinary symptoms unchanged for the rest of the life. This HRQL -score is graded from 0 (very satisfied) to 6 (terrible). The results of the storage and voiding symptoms (means) and HRQL (mean) are shown in the table:

Age	46	51	56	61	66	71	76	81	≥ 86	Total
Storage symptoms	2.7	2.9	3.2	3.5	3.7	3.9	4.0	3.9	4.4	3.5
Voiding symptoms	1.6	2.1	2.6	3.0	3.5	3.7	4.2	4.0	4.3	3.1
Total score	4.3	5.0	5.8	6.5	7.2	7.6	8.2	7.8	8.7	6.6
HRQL	0.8	0.9	0.9	1.1	1.2	1.3	1.4	1.3	1.5	1.1

Interpretation of results

Using the IPSS, we found worsening LUTS with increasing age in the men aged 46 to 103 years. The observed worsening in LUTS with increasing age was associated with a corresponding decrease in HRQL.

Concluding message

These data lead us to the conclusion that the prevalence of LUTS increases with age and more negatively impacts HRQL with increasing age. Thus, it is of great importance to optimize the diagnosis and treatment of LUTS, both storage and voiding, especially in men in their later stages of life.

References

1. J Urol 1997; 158: 1733.
2. Int J Clin Pract 2007; 61: 1204.
3. J Urol 1992; 148: 1549.

Specify source of funding or grant	Study funding provided by Pfizer.
Is this a clinical trial?	No
What were the subjects in the study?	HUMAN
Was this study approved by an ethics committee?	Yes
Specify Name of Ethics Committee	The Ethics Committee of Gothenburg University, Goteborg, Sweden.
Was the Declaration of Helsinki followed?	Yes
Was informed consent obtained from the patients?	Yes