

#591 Prevalence and patients' behavior of lower urinary tract symptoms in medical checkup examinee population ~differences between males and females~



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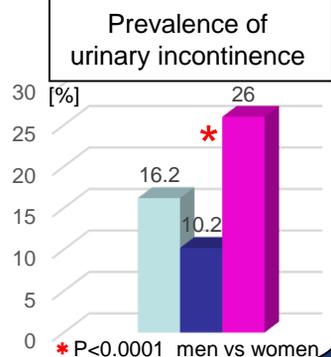
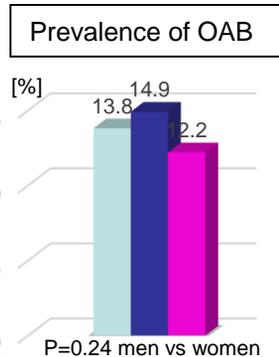
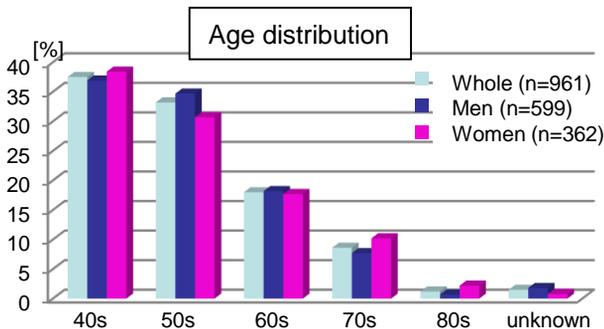
Introduction

- 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.

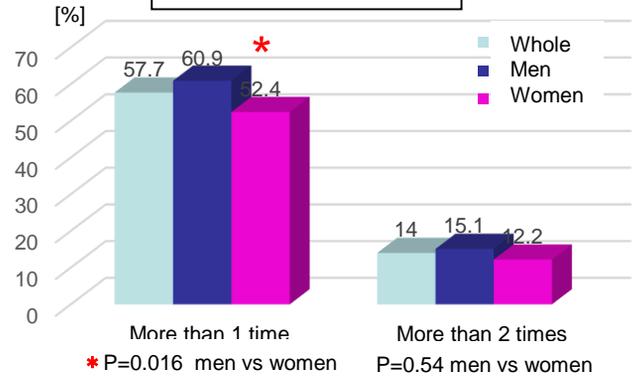
Methods

- 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



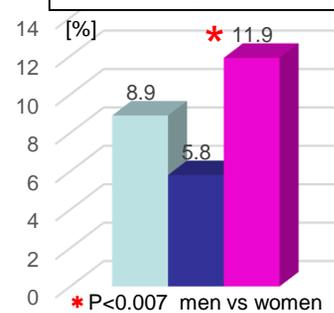
Prevalence of nocturia



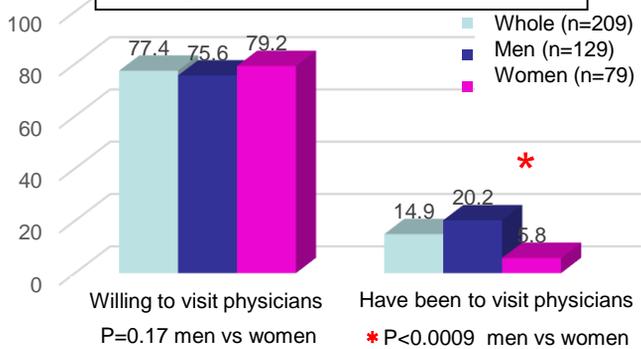
The rate of distress with LUTS



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.