

## PATIENTS RELUCTANCE TO VISIT A DOCTOR FOR NOCTURIA

### Hypothesis / aims of study

Nocturia (the symptom of needing to wake up to pass urine at night) is a common condition and is reported as the most bothersome symptom of all lower urinary tract symptoms.

Nocturia is a multifactorial disorder and OSAS has been suggested as a possible underlying cause of nocturia which is frequently not recognized, even in the field of urology. In this study, we aimed to assess the incidence of nocturia in patients with OSAS and to study how many patients consulted their doctor for their nocturia.

### Study design, materials and methods

All patients who received a Continuous Positive Airway Pressure treatment (C-PAP) mask for OSAS in 2014 and 2015 at the pulmonology department of our hospital (N= 727), were invited for a telephone interview. After informed consent, all patients were questioned about their nocturia episodes prior and after C-PAP. Their concomitant diseases, medication and medical history were scored.

### Results

539 patients (399 male and 140 female), took part in our study. The mean age was 62 years (Range 28-93). From these 539 patients, a total of 396 patients reported to have had nocturia (N ≥ 1 voids per night) episodes prior to C-PAP (113 female and 283 male).

<b>FIGURE 1</b> N=539 140 ♀ & 399 ♂	<b>No patients With nocturia</b>	<b>Percentage of patients who reported nocturia</b>	<b>No patients who consulted a doctor for nocturia</b>	<b>Percentage of nocturia patients who visit their doctor for nocturia</b>
<b>Total</b>	<b>396</b>	<b>73</b>	<b>82</b>	<b>19%</b>
<b>Males</b>	<b>283</b>	<b>71</b>	<b>49</b>	<b>17%</b>
<b>Females</b>	<b>113</b>	<b>81</b>	<b>33</b>	<b>29%</b>

### Interpretation of results

Out of these 396 patients, 314 patients did not consult their doctor (Family physician nor a specialist) for nocturia. (79%).

In the group of men with nocturia (N=283), 234 did not seek doctors help (83%) and in the female group (N=113), 80 patients were reluctant to doctors visit for nocturia (70%).

The results are summarized in figure 1.

### Concluding message

This study in patients with OSAS points out, that although the prevalence of nocturia in this group is very high (81% in females and 71% in males), only 20% of these patients have visited their doctor for their nocturia complaints. These results supports the hypothesis that nocturia is under reported and possibly under treated in a wider group of patients.

### Disclosures

**Funding:** none **Clinical Trial:** No **Subjects:** HUMAN **Ethics Committee:** zuyderland medical center committee **Helsinki:** Yes **Informed Consent:** Yes