

# #336 Are bladder pain syndrome and overactive bladder part of one disease?

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## Aim

To determine whether there is an overlap between overactive bladder with nocturia and bladder pain syndrome.

## Study design, materials and methods

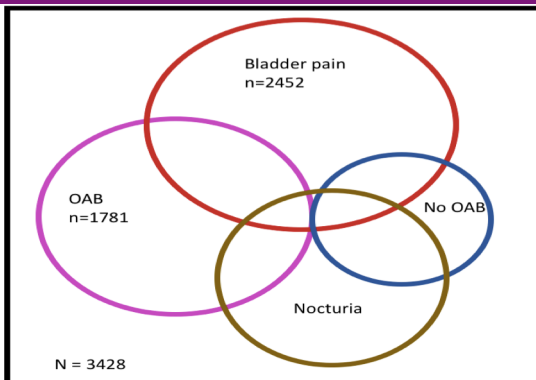
- Recruited from St Mary's Urogynaecology specialist clinic
- 5-day bladder diary.
- Likert scale.
- Exclusion criteria: Urinary tract infections.
- Data on urinary symptoms was collected including urgency, urge incontinence, stress incontinence, voiding dysfunction and bladder pain.
- Nocturia was defined as:
  - Under 60 years old: more than once.
  - 60 - 70 years old: more than 2 voids.
  - Over 70 years old: more than 3 voids.

## Results

- N=3428
- n=1781 had overactive bladder (OAB).
- Likert scale questionnaire identified 2452 had some degree of bladder pain.
- Only 3% of overactive bladder patients had no bladder pain.
- 81% with overactive bladder felt only mild pain.
- 58% had neither OAB and no bladder pain.
- No OAB: 42% (1452/ 3428) just nocturia
- OAB: 64% (1145/1781) with nocturia.
- Only 5.8% (57/ 976) who had overactive bladder, nocturia and scored zero for pain.
- Table 1 summarises these findings.

## Interpretation

- The symptom of bladder pain plays a key role in OAB.
- OAB and bladder pain are on the same spectrum of disease. This would seem reasonable as both are C nerve fibre based syndromes and they both result in frequency and urgency.
- Bladder pain plays a fundamental role in women having nocturia and overactive bladder such that 95% of women with OAB and nocturia also had bladder pain.
  - This could suggest a new subcategory of nocturia due to bladder pain.



Pain Score

	0	1	2	3	4	5	Total
No OAB	919	674	32	2	18	2	1647
OAB Symptoms	57	1445	123	33	106	17	1781
Total	976	2119	155	35	124	19	3428

Table 1 - Overactive bladder symptoms against pain score (Pearson Chi Sq 1193.6, P<0.0001)

## Conclusion

Overactive bladder symptoms appear to be related to bladder pain and this could suggest a joint aetiology or a spectrum ranging from pure OAB to pure bladder pain. This may indicate the reasons for the some patients with OAB who do not respond to treatment.