

THE RELATIONSHIP BETWEEN FEMALE OVERACTIVE BLADDER AND METABOLIC SYNDROME

Hypothesis / aims of study

Overactive bladder (OAB) is a condition characterized by urinary urgency, with or without urge urinary incontinence, usually associated with daytime urinary frequency and nocturia. Recently, there are some reports of the relationship between lower urinary tract symptoms (LUTS) and metabolic syndrome (MS), especially in men. The aim of this study is to analyze the relationship between female overactive bladder and MS.

Study design, materials and methods

A total 205 OAB patients with an average age of 53.4 years who presented to female urology clinic were enrolled in the study. All patients were subjected to a diagnostic work-up of medical history, the overactive bladder symptom score (OABSS, scoring the daytime urinary frequency, nighttime urinary frequency, urgency and urge urinary incontinence, validated in Japan), International Consultation of Incontinence Questionnaire of Sort Form (ICIQ-SF), and 3 days voiding chart. MS was defined according to The Ministry of Health, Labour and Welfare in Japan. Diagnostic criteria in Japan is as follows; 1) waist circumference equal to or greater than 90cm in women, 2) triglycerides equal to or greater than 150mg/dl and/or HDL cholesterol less than 40mg/dl, 3) blood pressure equal to or greater than 130/85 mmHg, 4) fasting glucose equal to or greater than 110mg/dl. 1) is necessary and more than two component of 2)~4) can be identified as the metabolic syndrome.

Results

Thirty-nine (19.0%) out of 205 patients were diagnosed as MS. There were statistically significances between MS and non-MS group in age 65.6 ± 11.9 vs 49.7 ± 13.9 , Body Mass Index (26.1 ± 4.5 vs 21.1 ± 2.7), total OABSS (7.4 ± 2.4), ICIQ-SF score (6 ± 4.4 vs 7.8 ± 5.7) ($P < 0.05$).

Interpretation of results

This study demonstrated that OAB patients with MS had severer OAB symptom and incontinence than OAB patients without MS.

Concluding message

At the best of our knowledge, this is the first report which shows of the relationship between OAB and MS in female.

References

1. Urology 68:318-323,2006

<i>Specify source of funding or grant</i>	None
<i>Is this a clinical trial?</i>	No
<i>What were the subjects in the study?</i>	HUMAN
<i>Was this study approved by an ethics committee?</i>	Yes
<i>Specify Name of Ethics Committee</i>	Yotsuya Medical Cube
<i>Was the Declaration of Helsinki followed?</i>	Yes
<i>Was informed consent obtained from the patients?</i>	Yes