



新聞稿 PRESS RELEASE

### **New Insights into Nocturnal Enuresis (Bed-wetting) in Hong Kong Children**

Primary Nocturnal Enuresis (PNE), or bed-wetting, is a very common problem in western countries. It has been estimated that 20-25% of children by age 4 and 10% of children by age 7 are frequent bed-wetters. Recent studies have indicated that the condition is associated with a deranged diurnal rhythm of Antidiuretic Hormone (ADH) secretion and greater difficulty in arousal from sleep.

Despite its high prevalence among western children, local data in Hong Kong children has been completely lacking. A recent epidemiological survey conducted by the Division of Paediatric Surgery, Department of Surgery, Chinese University of Hong Kong, has revealed that of over 3,600 schoolchildren (aged 4-12 years) studied, only 3.5% had bed-wetting. Significantly more enuretic children had poor school performance and relationship difficulties with peers, suggesting some hitherto little recognised adverse psychological associations that will need to be properly addressed by paediatric doctors and parents alike.

In order to better understand the problem of bed-wetting and its adverse affects on local children, a prospective study on the hormonal, cystometric, somnographic and psychological aspects of enuresis is conducted jointly by the Department of Surgery and Department of Psychiatry, CUHK. The Rotary Club of Kowloon East has kindly sponsored HK\$100,000 to help purchasing a Polygraphic Signal Analyser, the first of its kind in Hong Kong, which would enable us to conduct simultaneous cystometric and polysomnographic studies in enuretic children and would better guide our management.

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