

## Association Between Body Mass Index and Frequency and Grade of Varicocele in Southeast Iran

**Introduction and Objectives:** Varicocele is associated with impaired spermatogenesis. It may also be associated with patients' weight. We aimed to determine the relationship between body mass index (BMI) and the frequency and grade of varicocele among a sample of Iranian men in Southeast Iran.

**Materials and Methods:** This cross-sectional study was conducted during 2010-2011 among 167 men who referred to the University affiliated urology clinics in Zahedan, Iran. Expert urologists examined the patients for the existence of varicocele and to determine its grade as I to III. The age, grade of varicocele, and the side of varicocele as well as weight and height of the patients were measured and recorded. The patients were categorized in different age groups. Data were analyzed using SPSS software.

**Results:** The patients' mean age was  $27.9 \pm 7.6$  years and their mean BMI was  $23.5 \pm 4.7 \text{ kg/m}^2$ .

Varicocele was more frequent in the age group of 20-30 years. Most patients had grade II varicocele without significant difference between the age groups ( $P=0.11$ ). The mean BMI of patients with right varicocele was not different from those with left varicocele ( $P=0.34$ ). The BMI of patients with bilateral varicocele was not different with those having right ( $P=0.94$ ) and left ( $P=0.17$ ) varicocele. Of the patients, 17.9%, 56.5%, and 25.6% had varicocele grade I, II, and III, respectively.

**Conclusions:** In patients with lower BMI, the testicular vein may have a higher grade of varicocele.

Urologists should consider examining young, tall men to detect various grades of varicocele as a part of their physical examination.