

Lower Urinary Tract Symptoms Are Uncommon in Elderly Women in Southwestern Nigeria

Introduction and Objectives: Elderly women are well-known to suffer from lower urinary symptoms (LUTS). However, there are few community studies of LUTS in this group of women in Nigeria. This study was therefore done to determine the presence and impact of LUTS in women aged 60 years and above in a community in South-Western Nigeria.

Materials and Methods: Two thousand men and women were interviewed using the International Prostate Symptom Score (IPSS) questionnaire. Those with known urinary tract disease and mental illness were excluded. LUTS were classified as mild/insignificant (IPSS 0-7) or moderately-severe/significant (≥ 8). Impairment of health (quality of life score ≥ 3) due to LUTS was also evaluated.

Results: One thousand and fifty-seven women (median age, 71 years) were interviewed. Overall, 1.4% of the women had significant LUTS but 2.4% had impaired health. Significant voiding/post-micturition LUTS affected 0.5% of participants of which 14% had impaired health. Also, 10% of participants had significant storage LUTS of which 60% had impaired health. The presence of significant voiding/post-micturition and storage LUTS correlated with increasing age and impairment of health respectively.

Conclusion: Significant lower urinary tract symptoms are uncommon in elderly women in Southwestern Nigeria. The occurrence of significant voiding/post-micturition LUTS increases with age, whilst significant storage LUTS occur more commonly in these women.