

The Prevalence of Nocturia in Men Aged Over 50 Years in Beijing

Introduction and Objective: To investigate the prevalence of nocturia in a population of Chinese men aged 50 and over.

Materials and Methods: A cross-sectional study was performed at Beijing Communities in men aged over 50 years. The evaluation of lower urinary tract symptoms (LUTS) included the International Prostate Symptom Score (IPSS), quality of life (QOL) score, prostate volume and post-voiding residue (PVR) by abdominal ultrasonography, and maximum flow rate (Qmax). Definition of nocturia was determined as ≥ 2 voids/night.

Results: There were 1656 subjects enrolled and 1639 men met our study criteria. The mean age was (64 ± 10) years. The prevalence of nocturia was 66.4% (1089/1639) and was significantly related to age, IPSS, QOL score, PVR and Qmax ($P < 0.01$). The prevalence of nocturia was closely associated with aging ($P < 0.01$) and degree of LUTS.

Conclusions: Nocturia is a highly prevalent condition in older man, which adversely affects quality of life. It is, however, an underreported, understudied, and infrequently recognized problem in adults. The prevalence of nocturia increased with aging of the male population.