

Significant Lower Urinary Tract Symptoms Are More Common in Elderly Men with Medical Co-Morbidities in Southwestern Nigeria

Introduction and Objectives: Lower urinary symptoms (LUTS) and medical co-morbidities commonly co-exist in the elderly and each may potentiate the impact of the other on those affected. The prevalence of LUTS and their correlation with medical co-morbidities in elderly men in our locality in Southwestern Nigeria is presently unknown. This study was done to assess the correlation between the presence and impact of significant LUTS and selected medical co-morbidities in men 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 or mental illness were excluded. Data was also collected on the presence of hypertension (HTN), diabetes mellitus (DM), cerebrovascular disease (CVD) and arthritis. LUTS were classified as mild/insignificant or moderately-severe/significant. Impairment of health (poor quality of life) due to LUTS was also evaluated using the global QoL score of the IPSS.

Results: Seven hundred and fifteen men (median age, 76 years) were interviewed. Overall, 10% of the men had significant LUTS and 9% had impaired health. The medical co-morbidities affected 12.8% of the participants and 22% of this sub-group had significant LUTS which impaired the health of 13%.

Specifically, 8.9% of participant with arthritis had significant LUTS, as compared to 22.7%, 22.4% and 22.1% of those with DM, CVA and HTN. Additionally, LUTS impaired the health of 7.6%, 22.2%, 19.7% AND 16.7% of participants with arthritis, DM, CVA and HTN.

Conclusion: LUTS are more prevalent and more troublesome in elderly men with HTN, DM and CVD than in those with arthritis and those not affected in Southwestern Nigeria.