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Assessment of lower urinary tract symptoms in Saudi men using the international prostate symptoms score

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Background: BPH-related LUTS are common among older men, the incidence and prevalence are increasing rapidly, they are associated with serious medical morbidities, and diminished health-related quality of life.

Objective: The main objective of the current study was to describe the prevalence of LUTS in Saudi population and its relation to some other parameters.

Methods: Saudi men over the age of 40 were invited to participate in the study; in Riyadh city from August 2012 through March 2013. All participants were assessed for the serum level of prostate-specific antigen (PSA) and DRE. They were given a linguistically validated Arabic version of the IPSS. Demographic and other medical comorbidities were assessed.

Results: On the basis of the IPSS, a subdivision of men into three symptoms classes has been proposed, resulting in groups with mild (1265, 58.3%), moderate (505, 27.3%) and severe symptoms (81, 4.4%) and the prevalence of moderate to severe was 31.6%, There was a weak, but significant correlation between the total IPSS and age, total prostate volume and PSA. Severity of symptoms is increasing with increased age. Multiple regression analysis showed that prostate volume and all individual items of IPSS except straining were significant predictors of QoL and patient satisfaction, where frequency and incomplete emptying had the heaviest impact on patient's QOL.

Conclusion: LUTS were common among men in Saudi population over forty, the prevalence increases with age and most of them were displeased because of their urinary symptoms, poor QOL was mainly determined by individual symptoms; mainly frequency and incomplete emptying.

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