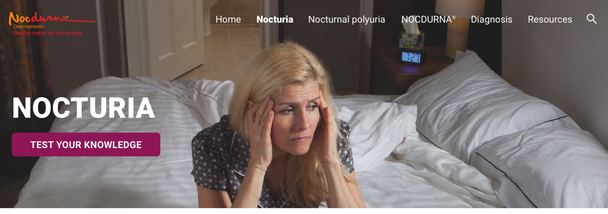


NOCTURIA

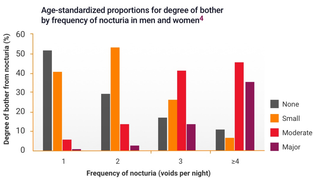
TEST YOUR KNOWLEDGE

WHAT IS NOCTURIA?

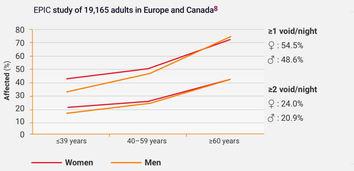
"The complaint that the individual has to wake at night **ONE or MORE** times to void… Each void is preceded and followed by sleep[1]"

Degree of bother increases with the number of voids, with a minimum of 2 voids per night associated with significant bother[2,3]

Watch the Experts' voices video



NOCTURIA AFFECTS MEN AND WOMEN OF ALL AGES, AND IS THE MOST BOTHERSOME LOWER URINARY TRACT SYMPTOM[5–7]



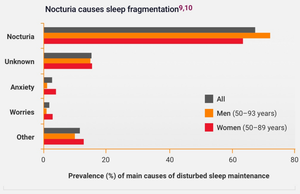
The EPIC study is a population-based survey to assess prevalence rates of OAB, UI, and other LUTS in five countries. A total of 19,165 individuals agreed to participate; 64.3% reported at least one LUTS. Nocturia was the most prevalent LUTS (men, 48.6%; women, 54.5%). Adapted from Irwin D et al., 2006.

LUTS: lower urinary tract symptom
OAB: overactive bladder
UI: urinary infection

NOCTURIA IS A LEADING CAUSE OF SLEEP FRAGMENTATION FOR BOTH MEN AND WOMEN ACROSS ALL AGES[5–7]

>63.5%[10] **Prevalence of women** reporting sleep disturbance due to nocturia

>72.1%[10] **Prevalence of men** reporting sleep disturbance due to nocturia



Adapted from Middelkoop HA et al., 1996. A postal survey assessing the effects of sex and age on subjective characteristics of sleep and the factors related to self-evaluated sleep quality in 1485 Dutch non-institutionalized elderly people.

Increased risk of **falls and fractures**

Impaired **quality of life**

Daily activity impairment

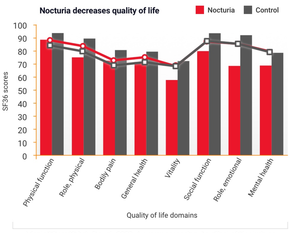
Decreased **life expectancy**

Reduced **productivity**

Scroll down to view more data on how nocturia causes chronic loss of sleep

NOCTURIA AFFECTS QUALITY OF LIFE[15]

- **Severe nocturia significantly reduces vitality and utility** (overall QoL)
- **QoL decreases with symptom severity**
- **Impaired QoL is due to:**[16]
  - Effects on concentration
  - Effects on mood
  - Performance of daily life activities



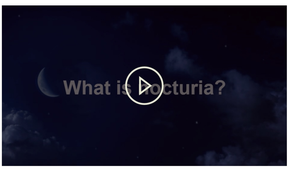
QoL: Quality of Life
SF36: vitality scores (higher SF36 scores indicate better QoL)

Adapted from Kobelt G et al., 2003. A survey assessing the effect of Nocturia on productivity, vitality and utility in a selected group of 283 professionally active subjects in Sweden with Nocturia vs matched controls.

DID YOU KNOW THAT NOCTURNAL POLYURIA IS THE LEADING CAUSE OF NOCTURIA?

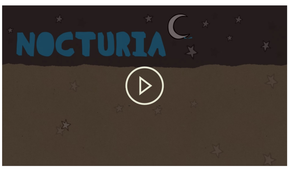
LEARN MORE

MULTIMEDIA



What is nocturia? 06:11

Sleep loss caused by nocturia can negatively impact patients' lives. **Watch to learn more**



Nocturia in animation 04:30

Facts, figures, symptoms and diagnosis – what you need to know about nocturia. **Learn more here**

Access more multimedia resources

YOU CAN CONTACT US DIRECTLY BY EMAIL

CONTACT US

SIGN UP FOR MORE INFORMATION ABOUT NOCDURNA®

Name Todd Cole Email todd_cole@gmail.com SUBMIT

DOWNLOAD THE SUMMARY OF PRODUCT CHARACTERISTICS

DOWNLOAD SMPC

REFERENCES

1. van Kerrebroeck P et al. *Neurourol Urodyn* 2002;21:179–83
2. Fiske J et al. *Neurourol Urodyn* 2004;23:130–3
3. Oelke M et al. *Int J Clin Pract* 2016;70(11):940–9
4. Tikkinen KA et al. *Eur Urol* 2010;57(3):488–96
5. Agarwal A et al. *Eur Urol* 2014;65:1211–17
6. Madhu C et al. *Int J Clin Pract* 69(12):1508–16
7. Pesonen J et al. *Eur Urol* 2016;70(2):372–81
8. Irwin D et al. *Eur Urol* 2006;50:1306–14
9. Andersson F et al. *J Med Econ* 2016;19:1200–6
10. Middelkoop HA et al. *J Gerontol A Biol Sci Med Sci* 1996;51:M108–15
11. Bower W et al. *Neurourol Urodyn* 2017;36:697–705
12. Kupelian V et al. *J Urol* 2011;185:571–7
13. Parsons JK et al. *BJU Int* 2009;104:63–8
14. Nakagawa H et al. *J Urol* 2010;184:1413–18
15. Kobelt G et al. *BJU Int* 2003;91:190–5
16. Wyndaele J. *Eur Urol* 2012;61:85–7

This website is intended for healthcare professionals. NOCDURNA is a trademark of Ferring b.V. © 2017 Ferring b.V. All rights reserved.