

Lower urinary tract symptoms in patients with multiple sclerosis

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Background: Patients with multiple sclerosis (pwMS) commonly report overactive bladder (OAB) symptoms of urinary urgency, incontinence and frequency, as well as the inability to void to completion. The aim of this study was to evaluate lower urinary tract symptoms (LUTS) and their impact on quality of life (QoL) in people with multiple sclerosis (pwMS). Design/Methods: This was a study conducted in tertiary care center over 10 months. LUTS and related QoL were evaluated using International Consultation on Incontinence Questionnaires (ICIQ): ICIQ-OAB, ICIQ-UI (urinary incontinence) and ICIQLUTS-QoL. Data were analysed and interpreted using descriptive statistics (IBM SPSS Statistics for Windows, version 23.0 (IBM Corp., Armonk, N.Y., USA)). Results: Hundred and one consecutive pwMS (75 female, 26 male, mean age 42.09 (range 19-77 years), mean Expanded Disability Status Scale (EDSS) score 3.1 (range 0.0-7.0)) participated in this study. On ICIQ-OAB 35.6% (N=36) pwMS report increased daytime frequency, and 23.8% (N=24) borderline symptoms (7-8 times a day). 82% (N=82) report nocturia, 90.9% (N=90) urgency, with urge UI present in 72.4% (N=71). On ICIQ-LUTSQoL 91% (N=91) report feeling drowsy and sleepy during the day due to LUTS. 87% (N=87) had to plan to use a public washroom. In 56.7% (N=55) LUTS caused an issue with their partner of spouse. Conclusion: Lower urinary tract symptoms may be present in pwMS and may have an influence QoL. This must be considered when managing pwMS.