Universidade Federal Fluminense, Niterói, RJ

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Dear Editor,

Stress urinary incontinence, urgency and nocturia, among others, are lower urinary tract symptoms which constitute nowadays a serious economic burden. They are independent factors that affect aging well and show strong association with age and gender.

In primary health care, the approach of such symptoms should be carried out with the multidisciplinary team searching for health promotion procedures.

Our study is part of the DIGITALIS study, a cross-sectional investigation of the prevalence of chronic diseases and their association with risk factors with a random two stages sample of a registered population in a Family Doctor Program. Physicians and nurses were in charge of patient's medical history and physical examination.

We consider that our findings are of interest because we didn’t find many population-based studies in Brazil evaluating the aspects previously mentioned. Besides, we have found that subjects from general population presenting urinary symptoms had a greater risk of lower scores of quality of life on the SF-36 SF questionnaire, even taking into consideration the interference of socio-demographical factors and co-morbidities. Therefore, our results suggest that efforts should be done by the health multidisciplinary team in order to identify urinary symptoms and minimize its effects on the general population.

Best regards,

The authors