



CHRONIC PROSTATITIS; SYMPTOMATOLOGY AND THE IMPACT ON THE QUALITY OF LIFE IN A SRI LANKAN POPULATION

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ABSTRACT

Introduction: Chronic prostatitis/Chronic Pelvic Pain Syndrome affect men of all ethnicities and they experience considerable morbidity. **Materials and Methods:** This descriptive cross sectional study was conducted in the surgical unit and Genito-Urology clinic in Teaching Hospital Peradeniya from March 2010 to August 2012. Symptomatology and quality of life were evaluated with National Institutes of Health Chronic Prostatitis Symptom Index, a nine-item tool were performed on patients who were clinically diagnosed with chronic prostatitis/chronic pelvic pain syndrome according to the National Institutes of Health definition. **Results:** Of the 90 study subjects (mean age of 37.1 ± 11.12 years) 55.55% (n=50) had symptoms of moderate severity while 27.77% (n= 25) had severe symptoms. 96.66% of the patients who were with chronic prostatitis or chronic pelvic pain syndrome, has shown reduced quality of life. **Conclusions:** Pelvic pain, urinary symptoms and post ejaculatory pain were the commonest symptoms among Sri Lankan patients with chronic prostatitis/chronic pelvic pain syndrome who showed a broad age range. Furthermore, there is an adverse impact on their quality of life.

KEYWORDS: Chronic prostatitis, Chronic Pelvic Pain Syndrome, Symptomatology, Quality of life, Sri Lanka.

INTRODUCTION

Prostatitis is the inflammation of the prostate gland and is the most common urologic disease in men younger than 50 years. It has become the third most common diagnosis in men older than 50 years.^[1,2] Many scientists reported that chronic prostatitis/chronic pelvic pain syndrome (CP/CPPS) may not exist as a disease, as its pathophysiological mechanism is unknown and there is a lack of effective treatments.^[3,4]

CP/CPPS is characterized by severe pelvic pain, sexual dysfunction urinary symptoms and having negative impact on quality-of-life with prevalence in average 8.2% of men's population. According to the previous research findings, men with chronic prostatitis experience impairment in the mental and physical status of general Health Related Quality of Life (HR-QOL), as well as condition specific HR-QOL.^[5]

The National Institutes of Health (NIH) classification of prostatitis consists of four categories, designated I, II, III, and IV, representing acute bacterial prostatitis, chronic bacterial prostatitis, chronic prostatitis/ chronic pelvic pain syndrome (inflammatory and non-inflammatory), and asymptomatic inflammatory prostatitis, respectively.^[6] The NIH-Chronic Prostatitis Symptom Index (NIH- CPSI) contains nine questions on the three

important domains of chronic prostatitis: pain, urinary symptoms and quality of life impact of the respondent.^[7]

Chronic prostatitis (CP) or Chronic Pelvic Pain Syndrome (CPPS) affects men in all ethnic origins where they experience considerable morbidity and may remain symptomatic for years as there is limited understanding of the pathophysiology and the optimal treatment.^[8] The data regarding Sri Lankan patients remain sparse. Our objective was to study the symptomatology associated with CP/CPPS in a Sri Lankan population and to evaluate its impact on their quality of life (QOL).

MATERIALS AND METHODS

Methodology

This descriptive cross sectional study was conducted in the surgical unit and Genito-Urology clinic in Teaching Hospital Peradeniya from March 2010 to August 2012. The study group included all patients who were clinically diagnosed with CP/CPPS according to the National Institutes of Health (NIH) definition. Symptomatology and quality of life were evaluated with NIH Chronic Prostatitis Symptom Index (NIH-CPSI), a nine-item tool with 4 subscores and total score ranging from 0-43 points, and with higher scores indicating more severe symptoms. Microsoft excel 2010 was used to calculate all the percentages.

RESULTS AND DISCUSSION

The study group included 90 subjects with a mean age of 37.1 (SD=11.12) years with an age range of 18-65 years. The duration of symptoms at presentation ranged from 3/12- 7 years. The commonest presentations were pelvic pain (n=90) involving supra pubic area, urethra or testicles and urinary symptoms (n=76) including dysuria, frequency and poor emptying. Of the total study group 44.44% (n=40) experienced post ejaculatory pain. NIH-CPSI indicated that 75.55% had experienced pelvic pain commonly in supra pubic area (n=68) during the week prior to assessment while 70 subjects had dysuria.

The average pain was 8.80 measured on visual analogues scale. Most had poor emptying (n=60) and frequency (n=66) as urinary symptoms. 88.37% of patients (n=76) had interfered their usual activities. Among affected, most (n=51) were unhappy to spend the rest of life with their symptoms and n=36 had mixed feeling about it. The Pain score ranged from 0-17 while the Urinary symptom score, QOL Impact, Symptom Scale Score and Total score displayed a range of 0-10, 0-12, 0-27 and 0-37 respectively.

Of the study sample 55.55% (n=50) had symptoms of moderate severity while 27.77% (n= 25) had severe symptoms. 96.66% of the patients who were with chronic prostatitis or chronic pelvic pain syndrome, has suffered as it interfered with their daily routines.

Tan et al showed that 2.23% of Chinese population, 3.15% of Malay population, 4.49% of Indian population and 12.12% of other ethnic groups in Singapore had prostatitis-like symptoms.^[9] Another study done by Mehik et al reported a prevalence of 14.2% in Finland by studying 1832 Finnish men. They suggested that the high prevalence they found may be due to the cold temperature in Finland.^[1] Nickel et al done a population based study in Lennox and Addington counties, Canada, and reported a prevalence of 9.7% after studying 868 men.^[2]

A random cross-sectional survey done among apparently normal men of ages 20 - 70 years in Nigeria, using the National Institute of Health Chronic Prostatitis Symptom Index (NIH-CPSI) reported chronic prostatitis symptoms and quality of life scores. Of the 1507 men studied 12.21% had symptoms suggestive of chronic prostatitis. Subjects with chronic prostatitis symptoms (CPS) had higher mean pain and voiding scores (5.65 ± 1.99 and 2.61 ± 2.23 , respectively) compared with subjects without CPS (0.44 ± 0.73 and 1.29 ± 1.70 for pain and voiding scores, respectively; mean relative age 41.99 ± 12.99 years). A total of 39.62% of the population had pain in at least one location, while 22.69% of the population had impaired quality of life.^[10]

CONCLUSIONS

Pelvic pain, urinary symptoms and post ejaculatory pain were the commonest symptoms among local patients

with CP who showed a broad age range. The symptoms displayed a wide range of degree of severity and the quality of life was affected in majority. Further extensive research are required in Sri Lankan patients.

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