

**Epidemiology and Impact of Urinary Incontinence,
Overactive Bladder, and Other Lower Urinary Tract Symptoms:
Results of the EPIC Survey in Russia, Czech Republic, and Turkey**

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Objective: To estimate the prevalence of urinary incontinence (UI), overactive bladder (OAB), and other lower urinary tract symptoms (LUTS) in the Czech Republic, Russia, and Turkey.

Methods: Stage one of this population-based survey consisted of computer-assisted telephone interviews to obtain prevalence estimates of storage, voiding, and postmicturition LUTS. Stage two face-to-face interviews evaluated subjects with (mixed urinary incontinence) MUI, (stress urinary incontinence) SUI or OAB (case group) and a control group (subjects with other incontinence or LUTS complaints, or no symptoms). **Outcome measure:** Prevalence of LUTS categories were determined for each country based on International Continence Society (ICS) criteria.

Results and limitations: A total of 3,130 individuals agreed to participate in the survey, which found high rates of LUTS (men 80%; women 84%) and OAB (men 18%; women 28%). Duration of urinary symptoms was relatively brief (approximately 60% ≤ 3 years) and was associated with relatively modest effects on quality of life and work performance in the majority of individuals. Forty percent had consulted with a healthcare provider about their urinary symptoms, of whom 37% had consulted with a physician and 34% with an urologist, and 12% had been treated with a prescription medication. Drug therapy, while uncommon, was associated with a high degree of self-reported improvement (96%). Because of between-country population differences, aggregate results may not always be representative of results for each of the 3 countries individually. Study limitations include reliance on patient self-report, and potential bias introduced by patients who declined to participate in the survey.

Conclusions: The results of this epidemiologic survey found high rates of LUTS and OAB, but low levels of medical consultation and very low use of medication treatment, despite high levels of improvement when medications were used.

Keywords: Adult, Epidemiologic survey, Lower urinary tract symptoms, Nocturia, Overactive bladder, Prevalence, Urinary incontinence