

# URODYNAMICS PARAMETERS AND METABOLIC SYNDROME: A PROSPECTIVE PILOT STUDY

**Omar Saleh**<sup>1</sup>, Mauro Gacci<sup>1</sup>, Maria Angela Cerruto<sup>2</sup>, Carolina D'Elia<sup>3</sup>, Antonio Greco<sup>1</sup>, Aldo Tosto<sup>1</sup>, Marco Carini<sup>1</sup>, Sergio Serni<sup>1</sup>, Pasquale Florio<sup>4</sup>.

1 Urology Department, University of Florence, Careggi Hospital, Italy

2 Urology clinic department, University of Verona, Italy

3 Urology Department, Bolzano General Hospital, Bolzano, Italy

4 Gynecology Department, San Jacopo Hospital, Pistoia, Italy

## Aim

The aim of our study was to evaluate the correlation between Metabolic syndrome (METs) and urodynamic parameters in a cohort of 81 female patients with or without lower urinary tract symptoms (LUTS).

## Material and Methods

We prospectively enrolled 81 women. All patients were evaluated with: urological history, bladder diary, blood values and a complete urogynecological and general examination including METs features. All patients underwent urodynamic evaluation according to the ICS Good Urodynamic Practice. Continuous normally distributed variables were reported as mean values and SD; chi square was used to compare categorical data and a  $p < 0.05$  was considered to indicate statistical significance.

## Results

Twelve p.ts was affected by METs and 48 reported LUTS (20 stress and 28 urge incontinence). Considering urodynamic evaluations, no type of prolapse or stress urinary incontinence showed a correlation with METs ( $p > 0.05$ ); contrariwise urge incontinence was related with METs ( $p 0.03$ ).

## Conclusion

In literature Mets is a risk factor for OAB. We observed a correlation between MET's and urge incontinence hypothesizing a correlation between OAB wet and Mets. Further RCT's are needed to confirm and validate our observations.

Table I Clinical characteristics of the patients

Clinical data	Mean	DS
HDL (mg/dL)	54.6	16.9
Triglycerids (mg/dL)	113.7	54.6
Fasting glucose (mg/dL)	101.4	25.7
Diastolic Press (mm/Hg)	77.7	10.4
Systolic pressure (mm/Hg)	124.9	16.7
Waist (cm)	82.8	11.8
Urethral lenght (mm)	19.5	9.6
Volume voided (ml)	299.6	170.3
wFirst desire (ml)	156.0	98.8
Normal desire (ml)	224.4	113.4
Strong desire (ml)	307.9	130.9
Cysto Capacity (ml)	386.5	149.9
Q max (ml/sec)	15.0	9.5
Pad/day (n)	1.8	2.2
Age (years)	62.5	13.4