

## Association of central obesity with chronic lower urinary tract symptoms in females

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**Introduction:** Worldwide the prevalence of obesity has been increasing. Pakistan is also affecting because of increasing trend towards obesity. The relationships between central obesity and lower urinary tract symptoms (LUTS) have not been well studied in females. **Objectives:** The aim of our study was to determine the association between central obesity and LUTS in women. **Methodology:** The single centre prospective study was conducted, after ethical approval. 315 women were recruited after informed consent. Exclusion criteria were women with < 20yrs of age, neurological condition affecting bladder functions (such as dementia, stroke, multiple sclerosis, spinal cord injury and Parkinson's disease) and urinary tract infection. Demographic data include age, marital status, smoking history, menopausal status, occupation, constipation, parity and history of pelvic surgery. All information was gathered in predesigned proforma. Urinary symptoms were assessed using the LUTs tool with one week recall period. **Results:** Total 315 females were evaluated in our data, with mean values of 40.9+\_13.2 years of age, 98.6+\_13.3cms of waist circumference, 67.2+\_14.9 kg of weight and 157.3+\_9.5cms of height. There were 70 (22.2%) with less than 88cms of waist circumference and 245 (77.8%) with >88cms of waist circumference

(centrally obese). Presence of LUTS recorded in 183(58.1%) of females. Hence, 154 females with central obesity noticed one or more symptoms of LUTS indicating p-value <0.005. Odds ratio of getting LUTS with central obesity is 0.418(0.24-0.718) indicating positive association. **Conclusion:** More than half of patients were centrally obese and LUTs were more prevalent. Urgency and urge incontinence reported more frequent than hesitancy.

**Biography:** Dr Lubna Razzak is currently working as consultant Urogynaecologist at Tabba kidney institute Karachi. She did her MBBS in 2008. She acquired FCPS from college of Physicians and surgeon Pakistan (CPSP) in 2015 in the speciality of Obstetrics and Gynecology. She has acquired two years fellowship training in Urogynaecology and Pelvic reconstructive surgeries from Pakistan in 2018. She also got minifellowship in Urogynaecology from Cape town. She also did Diploma in Aesthetic Gynecology by ISAGSS & ASCO. She has publications to her credits in both national and international journal. She has also written chapter "Pathophysiology of Pelvic Organ Prolapse" in international book of United Kingdom "Pelvic Floor Disorders.