

Nocturia

Men's Health Consensus Statements

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Nocturia & Men's Health Consensus Statements

2019

- The most recent definition of nocturia (2019) has incorporated both signs and symptoms, and is defined as waking at night to urinate, with each voiding episode preceded and followed by sleep. Clinically meaningful nocturia is greater than or equal to more than 2 times per night. This should be quantified using a bladder diary.”
- Nocturia can be functionally understood as a mismatch between urine production and bladder capacity, where volume exceeds capacity resulting in bothersome nighttime voiding. Nocturnal polyuria is defined by the ICS night time urination criteria: >20% of total 24-hour urine volume in the young (age < 65) and >33% in the elderly (age > 65.) Nocturia can be functionally understood as a mismatch between urine production and bladder capacity, where volume exceeds capacity resulting in bothersome nighttime voiding.

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- Nocturia has been associated with many conditions including: sleep fragmentation, insulin resistance, obesity, obstructive sleep apnea, hypertension, irritability and mood disturbances, depression, decreased quality of life, reduced work productivity, daytime somnolence, increased risk of traffic accidents, increased cardiovascular risk, cerebrovascular accidents, falls, fractures and increased mortality.
- Nocturia is a significant cause of disturbed sleep reported in about 50% of adults with independent associations with insomnia.³¹ Sleep disturbances including frequent awakenings and poor sleep quality has been associated with nocturia severity.³⁰ Metabolic, cardiovascular and endocrine functions are altered and adversely affected by chronic sleep deprivation or loss.

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- Desmopressin is a synthetic analog of AVP (Arginine Vasopressin) and a selective V_2 receptor agonist. It increases water reabsorption in the distal tubule and collecting ducts, concentrates the urine, and decreases urine production.
- Desmopressin formulations reduce nocturia but are associated with a risk for hyponatremia.