

Associations between nocturia, home BP and geriatric syndrome among community elders: The NOSE study

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Aim: This study aimed to clarify the associations between nocturia, home blood pressure (BP) and geriatric syndromes (GS) among community elders in Nose Town, Osaka.

Methods: This study was a cross-sectional study using a Nose Town study data. Data were collected by face-to-face interview from 596 residents aged ≥ 65 years old, covering, nocturia, GS, disease history, medication, etc. Yearly home BP data were also collected by their records.

Results: 413 elders were analyzed. There were 322 (78.0%) elders having nocturia and 114 (27.6%, $p=0.815$) having home hypertension. The average morning home SBP among elders with nocturia was 131.71mmHg; counterpart among elders without nocturia was 131.55 mmHg. Multivariate logistic regression analysis showed that there were no significant associations between nocturia and home BP. There were significant associations between nocturia and GS of limb numbness (OR 1.98; 95%CI 1.06-3.69), feeling weak (OR 1.82; 95%CI 1.07-3.12), fear to fall (OR 1.86; 95%CI 1.05-3.30).

Conclusion: Nocturia was not significantly associated with home BP, but was significantly associated with some GS among community elders in Nose town, Osaka.