

Australian men and chronic pelvic pain (CPP)

Comparative results of the National Institute of Health Chronic Prostatitis Symptoms index (NIH-CPSI) and the CPP scale using data from the Australian Longitudinal Study of Health and Relationships.

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Background

- CP ~ chronic prostatitis
- CPPS ~ chronic pelvic pain syndrome
- CP/CPPS refers to chronic (or persistent) pain experienced in a man's lower pelvic region (base of penis to the anus).
- Affects 3–10% adult males
- The NIH–CPSI has not been completed in an Australian population

Method

- NIH–CPSI was introduced during wave 3
- It is an index about pelvic pain, urinary symptoms and QOL during the previous week
- Asked to 1346 men (weighted n=1387)
- Asked in addition to our on-going CPP scale – which is about pain during the previous 12 months

Everything you want to know about CP/CPPS according to NIH-CPSI

- 7.6% reported some form of pelvic pain
 - perineum; testicles, tip of penis; pubic/bladder area; urination pain; ejaculation pain
 - Pain score (0–21): 6.2 (95% CI 5.6–6.8)
- 45.1% reported urinary symptoms
 - Sensation not emptying bladder; urinate within 2 hours
 - Urinary score (0-10): 0.9 (0.8–1.0)
 - Score of 1 ~ less than 1 time in 5
- Others scores:
 - QOL (0–12); pain and urinary score (0–31); total score (0–43)

Everything you want to know about CP/CPPS according to NIH-CPSI

- Prostatitis–like symptoms
- Research suggests the following criteria
 - perineal and/or ejaculatory pain
 - a pain score of 4 or greater
- Almost 2% of all men meet criteria

But wait there is more... our CPP scale

- Pain during the previous 12 months
 - Pain during intercourse – 4.9%
 - Pain during urination – 5.6%
 - NOS Pain – 12.3%
 - Any pain – 17.8%

Summary

- The first population data of the NIH-CPSI in Australian men
- Whilst 106 (7.6%) men reported pain in the last week (NIH-CPSI), 248 (17.8%) men had reported some form of pelvic pain in the previous 12 months (CPP)
- This discrepancy raises concerns about the issues of acute vs chronic
- Further studies will explore the two scales