

Australian men and chronic pelvic pain

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

Jason Ferris¹, Marian Pitts¹, Anthony Smith¹, Juliet Richters², Julia Shelley^{1,3} and Judy Simpson⁴

Aim

- To provide Australian prevalence data of chronic prostatitis/chronic pelvic pain syndrome (CP/CPPS)
- To compare results from the NIH-CPSI CP/CPPS with a CPP scale introduced in ALSHR

Background

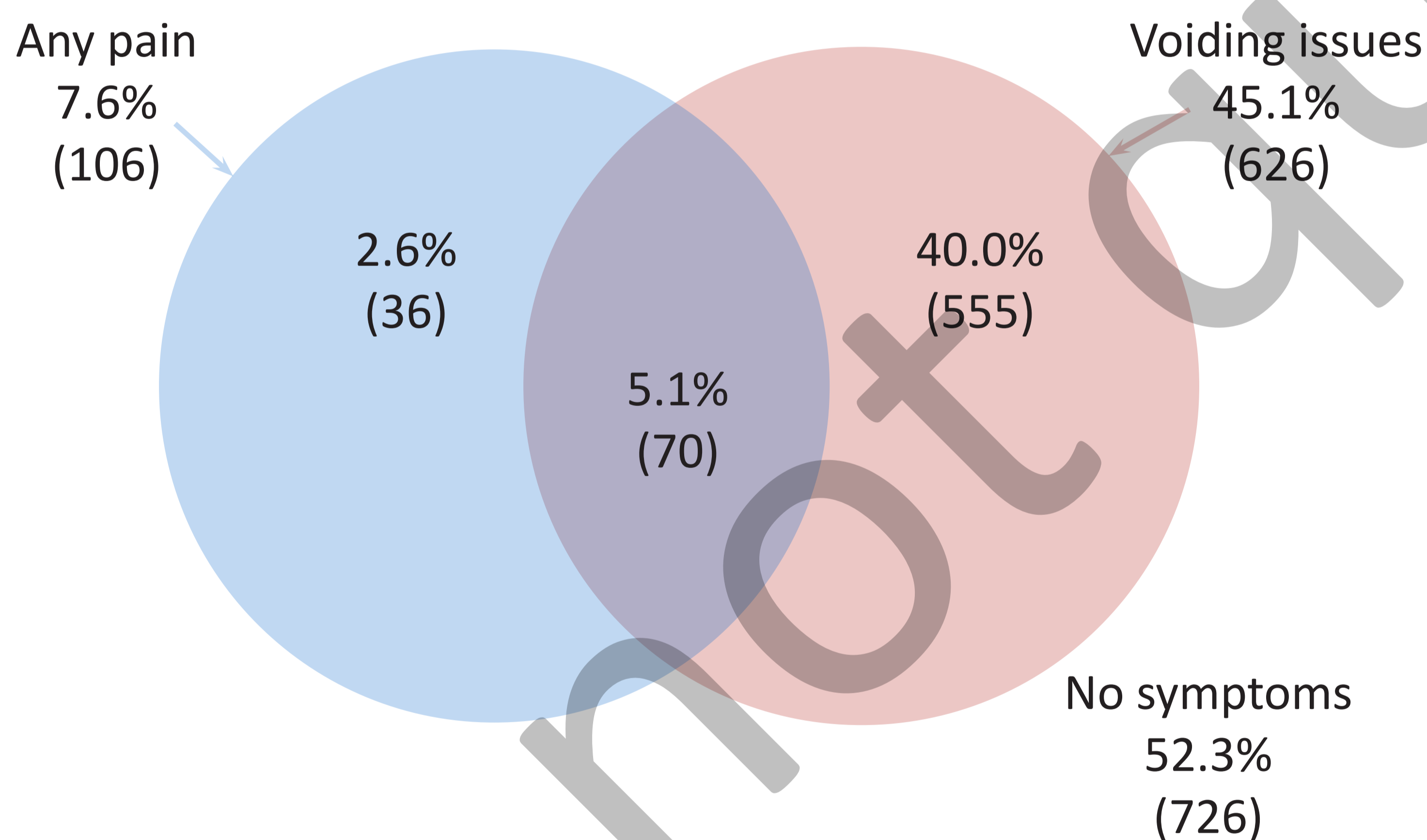
- CP/CPPS refers to chronic (or persistent) pain experienced in a man's lower pelvic region (base of penis to the anus).
- Research suggests it affects 3–10% of adult males
- Relatively little is known about the CP/CPPS and even less is known about effective treatments.
- NIH-CPSI has gained international recognition as a valid scale for CP/CPPS
- No published Australian data exist using this NIH-CPSI

Method

- Representative household sample
- 8656 Australians aged 16–64
- Selected by random digit dialling
- Computer-assisted telephone interview
- Wave 3: Introduction of NIH-CPSI asked of 1346 men along with CPP scale
- Data is weighted n=1387 men

Results

NIH-CPSI: Symptoms experienced during the previous week



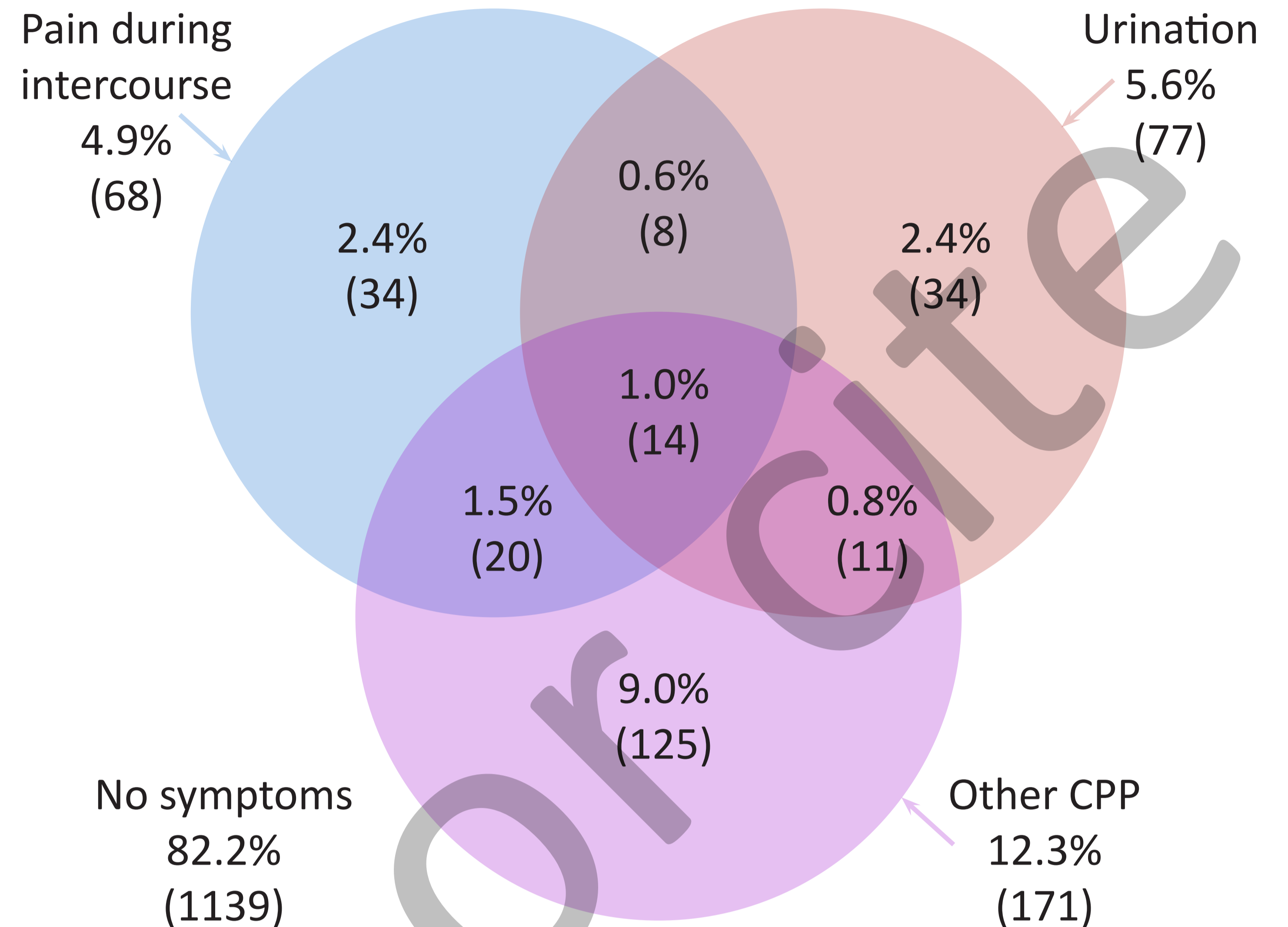
7.6% reported some form of pain or discomfort

- 1.3% perineum pain
- 2.2% testicle pain
- 0.9% penis pain
- 3.6% pain in the pelvic area
- 2.1% pain during urination
- 1.2% pain during ejaculation
- Pain score (range 0–21) men with pain (6.21; 95% CI 5.62–6.80)

45.1% reported some form of voiding issues

- 16.0% sensation of not completely emptying bladder
- 42.2% having to urinate again within 2 hours
- Voiding score (range 0–10) all men (0.94; CI 0.85–1.03)

CPP: Symptoms experienced during the previous 12 months



Urinary pain

- 1 in 3 reported this happening more than a quarter of the time
- 2 in 5 reported the pain as moderate to severe

Dyspareunia (pain during intercourse)

- 3 in 4 reported pain less than a quarter of the time
- 2 in 5 indicate the pain was moderate to severe

Other CPP (not associated with urination or sex)

- Frequency of CPP ranged from 1 to 200 times; the mode was 5 times
- 1 in 2 men indicated that the pain was moderate to severe
- Of the 248 men experiencing any CPP almost 60% had seen a doctor or other health professional

Discussion

- Research suggests that prostatitis-like symptoms are based on men reporting
 - perineal and/or ejaculatory pain and
 - a pain index score of 4 or greater
- Of those having any pain (106) almost 1 in 4 men met criteria for prostatitis-like symptoms with an average pain score of 8.25 (CI 6.76–9.75).
- Whilst 106 men reported pain in the last week using the NIH-CPSI score, 248 men had reported some form of pelvic pain in the previous 12 months.
- Of those reporting any pain in the last 12 months only 30% reported pain in the previous week.
- Whilst the NIH-CPSI provides valuable information about men's pelvic pain, prostatitis-like symptoms or other possible urogenital symptoms, we should have reservations about defining this pain as chronic.

ALSHR is based at the Australian Research Centre in Sex, Health and Society, La Trobe University, Melbourne. For further information on this poster contact Jason Ferris, Australian Research Centre in Sex, Health and Society. Email: j.ferris@latrobe.edu.au

¹ Australian Research Centre in Sex, Health & Society, La Trobe University, Victoria
² School of Public Health & Community Medicine, University of New South Wales, NSW
³ School of Health and Social Development, Deakin University, Victoria
⁴ School of Public Health, The University of Sydney, NSW