

Session/Poster#

Presenter

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Nocturia and Cardiovascular Disease: A Survey Study of New York State Cardiologists

Purpose: Nocturia is widely considered a urological symptom, but is often a manifestation of cardiovascular (CV) conditions such as hypertension and heart failure. Awareness of cardiologists as to the importance of assessing nocturia upon routine history taking is unclear. The objective of this study is to determine the frequency in which cardiologists inquire about nocturia and their understanding of the importance nocturia as a CV symptom.

Methods: A survey questionnaire of 15 questions was created using Qualtrics software and emailed to cardiologists across NY State. 49 responses were collected anonymously: 51% were general cardiologists, 18% interventionalists, 12% electrophysiologists, and 10% were heart failure specialists. 78% were male. Respondents fell into the following age groups; <39 years (y): 43%, 40-49y: 16%, 50-59y: 12%, >60y:20%.

Results: Overall, 56% of respondents answered that CV disease patients experience nocturia “often” and 38% responded “sometimes”. The frequency in which they asked patients about nocturia was “always” in 4%, “most of time” -22%, “sometimes” -36%, “rarely” -24%, and “never” -13%. Most cardiologists (58%) reported the typical age of patients with nocturia to be 60-70 y and 11% reported 50-60 y. 73% of respondents believed diuretics are a significant cause of nocturia and 27% did not. 60% of cardiologists cited “2 urinary voids per night as significant and 20% cited “3. Most believed nocturia is a bigger problem in men (67%), 29% believed nocturia affects men and women equally and 4% answered that nocturia is more significant in women. Conditions associated with nocturia that were cited: diabetes-35%, heart failure-33%, and hypertension-18%.

Conclusions: These preliminary data suggest that cardiologists are aware that nocturia is a common symptom, but have misconceptions, and do not routinely ask patients about nocturia. There is opportunity to bridge the gap between knowledge and practice as nocturia relates to CV disease.