

Abdominal obesity linked to lower urinary tract symptoms

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In a recent LUTS study, men with central (or abdominal) obesity were at increased risk of experiencing lower urinary tract symptoms, and increased waist-to-hip ratio was associated with worsened straining and weak stream.

The study included 2,917 men from the Fangchenggang Area Male Healthy and Examination Survey in China.

The authors noted that [lower urinary tract](#) symptoms are highly prevalent in both aging men and women, and the relationship with obesity is controversial.

More information: Lianguang Xie et al. Central obesity indicating a higher prevalence of lower urinary tract symptoms: A case-control matching analysis from a Chinese cross-sectional study in males, *LUTS: Lower Urinary Tract Symptoms* (2018). [DOI: 10.1111/luts.12231](https://doi.org/10.1111/luts.12231)

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