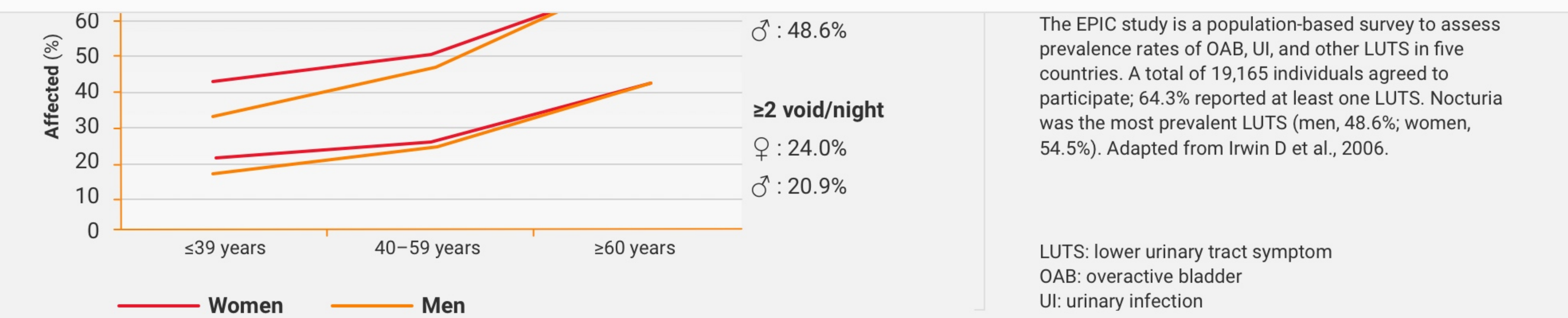
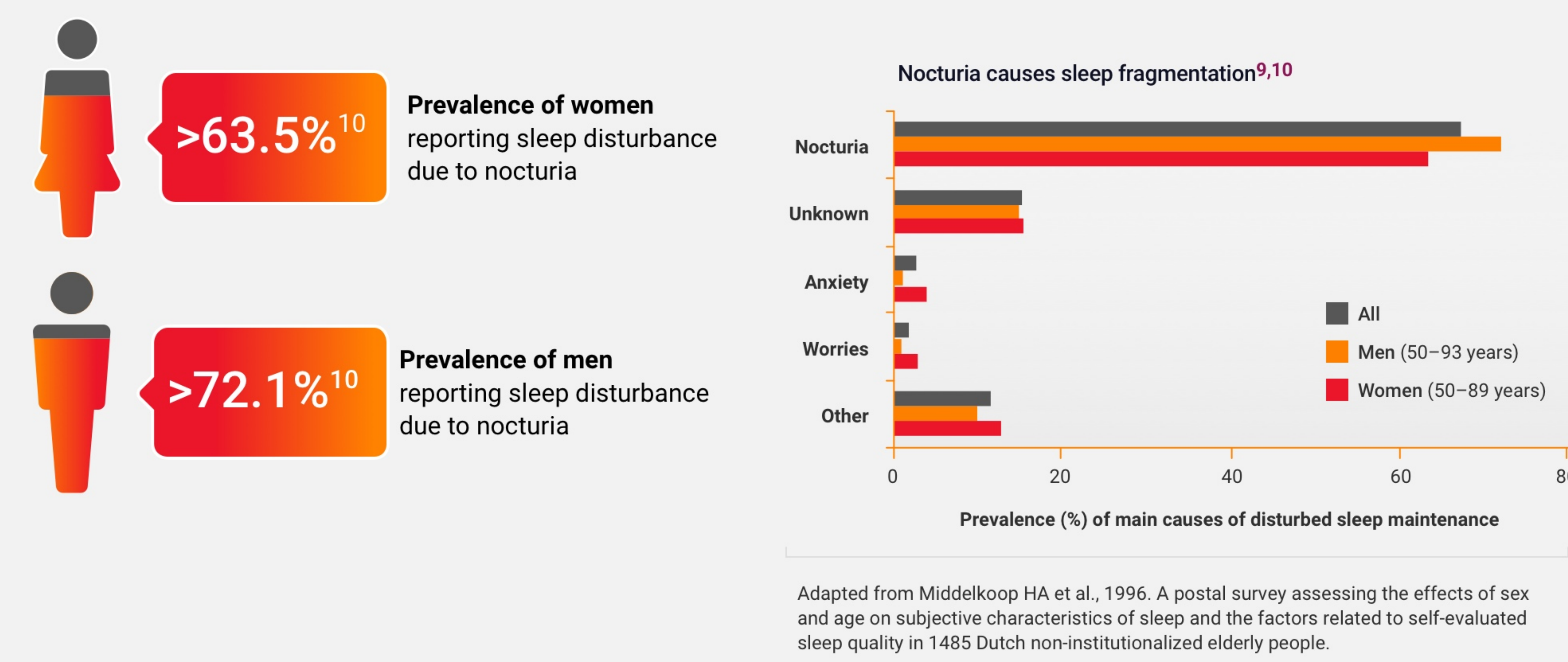


NOCTURIA

Definition Epidemiology Burden of nocturia



NOCTURIA IS A LEADING CAUSE OF SLEEP FRAGMENTATION FOR BOTH MEN AND WOMEN ACROSS ALL AGES^{5–7}



CHRONIC LOSS OF SLEEP CAUSED BY NOCTURIA HAS A SIGNIFICANT NEGATIVE IMPACT ON PATIENTS’ LIVES^{9,11,12}

Increased risk of falls and fractures

Impaired quality of life

Daily activity impairment

Decreased life expectancy

Reduced productivity

↓ Scroll down to view more data on how nocturia causes chronic loss of sleep

NOCTURIA INCREASES THE RISK OF FALLS AND FRACTURES^{13,14}

Nocturia is associated with:

42% increased risk of recurrent falls¹³

Hazard ratio (HR) of **2.01** (1.04–3.87) for fall-related fractures in elderly patients (70–97 years)¹⁴

Adapted from Parson JK et al., 2009. A prospective cohort study of risk factors for falls and osteoporotic fractures among 5872 community-dwelling men aged ≥65 years in the United States, to evaluate the association of lower urinary tract symptoms with the risk of falls.

Adapted from Nakagawa H et al., 2010. A longitudinal cohort study of 784 elderly subjects in Japan, evaluating the association of Nocturia with fracture and death.

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DID YOU KNOW THAT NOCTURNAL POLYURIA IS THE LEADING CAUSE OF NOCTURIA?

LEARN MORE

MULTIMEDIA

What is nocturia?

06:11

Sleep loss caused by nocturia can negatively impact patients’ lives. **Watch to learn more**

Nocturia in animation

04:30

Facts, figures, symptoms and diagnosis – what you need to know about nocturia. **Learn more here**

[Access more multimedia resources](#)

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