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EDITORIAL COMMENT

Comment to: “Nocturia is not associated with falls among the elderly: a population study in the city of São Paulo”

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Falls pose a significant threat to the elderly, not only because of their frequency, but also due to their consequences: they increase morbidity, immobility, disability, institutionalization and death.¹ That is why understanding the factors that contribute towards falls has been, for years, one of the central points of geriatrics, with the final aim of developing therapeutic strategies that decrease their incidence and consequences.

Several works have demonstrated a relationship between the existence of nocturia and the risk of falls in the elderly. Of all of them, we highlight Chiarelli et al.'s meta-analysis,² in which it can be seen that all the studies published to date have been carried out on women or in populations combining both sexes, however, no studies have been performed exclusively on men, despite the fact that the etiopathology of incontinence is different. In this edition, Rustom et al.³ present the first study that assesses the relationship between nocturia and falls in elderly men. Its results conclude that, contrary to what is admitted, nocturia is not associated to falls in elderly men. However, due to

its limited setting, with possible factors of confusion, its results must be carefully considered and, for this reason, as long as no more evidence gathered, we believe it would be appropriate to underline the need to consider urinary incontinence as part of the evaluation protocol of patients with falls, as recommended in different clinical guides.⁴

References

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