

Waistline circumference could predict pelvic dysfunction in men

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New research suggests an expanding waistline in older men could be associated with worsening lower urinary tract symptoms.

The study grouped 88 men with moderate or severe symptoms by waist circumference. Increasing waist size was significantly associated with prostate volume and other pelvic problems. Sexual dysfunction also increased with the waistline. The study not only suggested that obese men are at increased risk of pelvic dysfunction, but that such conditions could even be diagnosed by measuring waist circumference.