

Glossary of terms Nocturia

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| Benign prostatic enlargement (BPE) | An enlargement of the prostate related to hormonal changes with age. |
| Bladder | Organ that collects urine from the kidneys (see also Kidneys). |
| Kidneys | Two bean-shaped organs in the back of the abdomen that filter the blood and produce urine. |
| LUTS | Lower urinary tract symptoms. A term used for the collection of symptoms which can point to a number of diseases affecting the urinary tract. |
| Nocturnal polyuria | When the kidneys overproduce urine at night. |
| Obstructive sleep apnoea | Repetitive pauses in breathing during sleep, despite the effort to breathe, commonly paired with snoring. |
| Overactive Bladder Symptoms (OAB) | A collection of urinary storage symptoms, including urgency, incontinence, frequency and nocturia. |
| Peripheral oedema | Oedema means swelling. Peripheral oedema refers specifically to swelling of the ankles and legs. |
| Primary polydipsia | The sensation that your mouth is dry which leads you to drink too much. |
| Prostate | The gland which produces the fluid which carries semen. It is located in the male lower urinary tract, under the bladder and around the urethra. |
| Transurethral resection of the prostate (TURP) | TURP is a standard surgery to treat benign prostatic enlargement (BPE). A part of the prostate is removed to improve the symptoms without making an incision in your lower abdomen. This type of surgery is known as minimally invasive treatment (see <i>also</i> minimally invasive procedure). |
| Urethra | The tube which carries urine from the bladder and out of the body. |
| Urgency | The sudden need to urinate which is difficult to postpone. |
| Urinary incontinence | Involuntary loss of urine. |

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This leaflet is part of EAU Patient Information on Nocturia. It contains general information about nocturia. If you have any specific questions about your individual medical situation you should consult your doctor or other professional healthcare provider.

This information was produced by the European Association of Urology (EAU). The content of this leaflet is in line with the EAU Guidelines.

You can find this and other information on urological diseases at our website: <http://patients.uroweb.org>

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