STUDY OF THE PROFILE OF MALE WITH LOWER URINARY TRACT SYMPTOMS: SYMPTOMS EVALUATION AND IMPACT ON QUALITY OF LIFE

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Introduction: Lower Urinary Tract Symptoms (LUTS) in males are generally attributed to prostatic pathology. Frequently, the bladder is involved.

Objectives: To assess the clinical profile and quality of life (QoL) of male LUTS patients in Spain.

Design: Epidemiological, cross-sectional, naturalistic, multicentric study performed in Spain. 277 urologists included 826 male patients attended to the urologist office due to de novo LUTS, not previously treated for LUTS/BPH or OAB syndrome. Sociodemographic, clinical and QoL variables were collected and IPSS, B-SAQ, PPIUS and SF-12 administered.

Results: Male LUTS profile corresponds to patient with mean age (SD) 65 (10) years, reporting a combination of symptoms (storage, voiding and post-voiding), being nocturia the most common reported by patients (88%). 57% of LUTS patients reported moderate symptoms (IPSS score: 17). Of male LUTS population, 30% (n=244) were clinically suggestive of OAB (OAB patients) (≥8 frequency and ≥2 urgency episodes daily, patient reported). Prostate volume was Grade II/III (75%), mean (SD) PSA was 3 (2) ng/mL and urinary flow rate (Qmax) was 11 (4) mL/s, without differences between patients with/without OAB. OAB patients reported more storage symptoms and symptom episodes/24h than not-OAB (10 vs 4 frequency episodes; p<0.01). OAB patients reported more bothersome symptoms than not-OAB (B-SAQ: 7.8 vs 5.1; p<0.001). Urgency (PPIUS) was severe in 44% of OAB patients vs 18% of not-OAB (p<0.01).

Conclusion: Male LUTS profile corresponds to patients with prostate hypertrophy reduced Qmax, moderate-severe symptomatic bother and predominance of storage symptoms. Thirty percent of male LUTS patients were identified as having OAB symptoms.