

Lower Urinary Tract Symptoms, Benign Prostatic Hyperplasia, and Urinary Retention



Omar Al Hussein Alawamlh, MD¹, Ramy Goueli, MD²,
Richard K. Lee, MD, MBA^{*,1}

KEYWORDS

- Voiding dysfunction • Lower urinary tract symptoms • Benign prostatic hyperplasia
- Acute urinary retention • Chronic urinary retention

KEY POINTS

- Lower urinary tract symptoms (LUTS) is a common set of urologic symptoms that can affect men of all ages, with a predilection for the elderly.
- Benign prostatic hyperplasia is the most common cause of voiding dysfunction, leading to higher prevalence of LUTS in the elderly.
- Managing a patient with LUTS starts with obtaining a thorough medical history and establishing symptom severity, followed by the appropriate utilization of diagnostic modalities.
- A variety of medical treatments exist for LUTS, which can be used either as monotherapy or in combination.

INTRODUCTION

Advancements in health care over the past several decades have significantly contributed to the increase in quality of life and life expectancy. It is projected that the elderly population in the United States will be 83.7 million in the year 2050, comprising about 21% of the entire population.¹ This change in demographics does not come without challenges, most notably an increase in the incidence and prevalence of chronic illnesses along with the associated economic burden.²

Conflicts of Interest: None.

Department of Urology, Weill Medical College of Cornell University, James Buchanan Brady Foundation, New York, NY, USA

¹ Present address: 425 East 61st Street, New York, NY 10065.

² Present address: 525 East 68th Street, STAR 9, New York, NY 10065.

* Corresponding author.

E-mail address: ril9010@med.cornell.edu

Med Clin N Am 102 (2018) 301–311

<https://doi.org/10.1016/j.mcna.2017.10.005>

0025-7125/18/© 2017 Elsevier Inc. All rights reserved.

medical.theclinics.com

It is well known that advanced age is associated with a higher likelihood of morbidity, including urologic conditions such as lower urinary tract symptoms (LUTS) and benign prostatic hyperplasia (BPH).^{3,4} One may assume that the prevalence of LUTS and BPH will significantly rise with increasing age. This increase warrants a more active role by primary care physicians (PCPs) in both the diagnosis and management of patients presenting with those conditions because PCPs typically are the first point of medical contact.⁵

VOIDING DYSFUNCTION

Voiding dysfunction is abnormal, slow, and/or incomplete micturition as defined by the International Continence Society (ICS) and the International Urogynecological Association.⁶ The different types of voiding dysfunction, however, are described by the term LUTS.⁷ LUTS are divided into 3 groups of symptoms (storage, voiding, and postmicturition) according to the ICS (**Box 1**).⁸ It is estimated that by the year 2018, 2.3 billion people will be affected by at least 1 of the LUTS.⁹

VOIDING DYSFUNCTION AND BENIGN PROSTATIC HYPERPLASIA

Prostatic hyperplasia is a phenomenon that affects more than 70% of men aged 60 to 69 years in the United States.¹⁰ Several mechanisms have been proposed to explain the causes behind the development of this nonmalignant growth. Some investigators looked at modifiable factors, such as obesity, as a cause of metabolic derangements, whereas others considered the role of inflammation. Perhaps the most popular proposed mechanism is the effect of androgens on the prostate gland.^{11–13}

Box 1
The 3 groups of lower urinary tract symptoms

Storage symptoms

- Daytime frequency
- Nocturia
- Urgency
- Different types of incontinence
- Enuresis
- Abnormal bladder sensation

Voiding symptoms

- Slow or intermittent stream
- Splitting or spraying
- Hesitancy
- Straining
- Terminal dribble

Postmicturition symptoms

- Feeling of incomplete emptying
- Postmicturition dribble

Data from Abrams P, Cardozo L, Fall M, et al. The standardisation of terminology of lower urinary tract function: report from the Standardisation Sub-committee of the International Continence Society. *Neurourol Urodyn* 2002;21(2):167–78.

Download English Version:

<https://daneshyari.com/en/article/8762216>

Download Persian Version:

<https://daneshyari.com/article/8762216>

[Daneshyari.com](https://daneshyari.com)