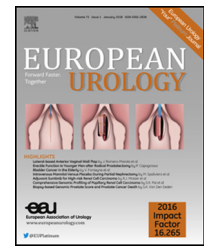


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## Who Should Be Investigated for Haematuria? Results of a Contemporary Prospective Observational Study of 3556 Patients

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### Abstract

There remains a lack of consensus among guideline relating to which patients require investigation for haematuria. We determined the incidence of urinary tract cancer in a prospective observational study of 3556 patients referred for investigation of haematuria across 40 hospitals between March 2016 and June 2017 (DETECT 1; ClinicalTrials.gov: NCT02676180) and the appropriateness of age at presentation in cases with visible (VH) and nonvisible (NVH) haematuria. The overall incidence of urinary tract cancer was 10.0% (bladder cancer 8.0%, renal parenchymal cancer 1.0%, upper tract transitional cell carcinoma 0.7%, and prostate cancer 0.3%). Patients with VH were more likely to have a diagnosis of urinary tract cancer compared with NVH patients (13.8% vs 3.1%). Older patients, male gender, and smoking history were independently associated with urinary tract cancer diagnosis. Of bladder cancers diagnosed following NVH, 59.4% were high-risk cancers, with 31.3% being muscle invasive. The incidence of cancer in VH patients <45 yr of age was 3.5% ( $n = 7$ ) and 1.0% ( $n = 4$ ) in NVH patients <60 yr old. Our results suggest that patients with VH should be investigated regardless of age. Although the risk of urinary tract cancer in NVH patients is low, clinically significant cancers are detected below the age threshold for referral for investigation.

**Patient summary:** This study highlights the requirement to investigate all patients with visible blood in the urine and an age threshold of  $\geq 60$  yr, as recommended in some guidelines, as the investigation of nonvisible blood in the urine will miss a significant number of urinary tract cancers. Patient preference is important, and evidence that patients are willing to submit to investigation should be considered in reaching a consensus recommendation for the investigation of haematuria. International consensus to guide that patients will benefit from investigation should be developed.

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There remains a lack of consensus among guideline relating to which patients require investigation for haematuria [1]. In 2015, the UK National Institute for Health and Care Excellence (NICE) recommended that patients aged  $\geq 45$  yr with visible haematuria (VH) and  $\geq 60$  yr with nonvisible haematuria (NVH) with either dysuria or raised white cell count on blood test should be urgently referred on a suspected cancer pathway [2]. The American Urology Association (AUA) recommends that all patients with VH and patients with microscopic haematuria ( $\geq 3$  red blood cells/high-power field), aged  $\geq 35$  yr, should be investigated [3]. In contrast, the National Board of Health and Welfare of Sweden does not recommend investigating NVH cases [4].

The DETECT I study is a prospective multicentre observational study recruiting patients referred for investigation of haematuria [5]. We report the incidence of urinary tract cancer in cases referred for investigation of haematuria and specifically addressing whether age at presentation can be applied as a threshold for referral of haematuria investigation.

Between March 2016 and June 2017, 3556 patients from 40 hospitals were recruited (Supplementary Fig. 1). All patients had cystoscopy and upper tract imaging. Patient demographics including age, gender, occupation, ethnicity, and smoking history were recorded. Urinary tract cancer

comprised bladder cancer or upper tract cancer (renal parenchymal cancer and upper tract transitional cell carcinoma [TCC]). The reference standard for bladder cancer was histopathological confirmation of tumour according to the TNM WHO tumour classification and European Association of Urology risk classification [6,7]. The reference standard for upper tract cancer diagnosis was based on multidisciplinary team meeting consensus following review of imaging. The full trial protocol has previously been reported [5]. The study protocol was approved by Health Research Authority: North West Liverpool Central Research Ethics Committee in March 2016 (IRAS project ID: 179245, REC reference: 16/NW/0150).

Patient demographics according to diagnosis of urinary tract cancer are described in Table 1. Urinary tract cancer was identified in 10% of all patients referred for investigation for haematuria (13.8% of VH cases and 3.1% of NVH cases). Bladder cancer was detected in 8.0% of patients and accounted for 79.8% of cancers detected, whereas the incidence of upper tract cancer was 1.7%, accounting for 17.7% of cancers detected. Renal parenchymal cancer represented 58.7% ( $n = 37$ ) of upper tract cancer, and upper tract TCC was detected in the remaining 41.3% ( $n = 26$ ) of cases (Supplementary Table 1). Exclusively, all upper tract TCC and 83.8% of renal parenchymal cancers presented with VH. Renal stone disease was diagnosed in 7.5% of

**Table 1 – Patient demographics stratified according to presence or absence of urinary tract cancer**

	All patients ( $n = 3556$ )	Urinary tract cancer ( $n = 355$ )	No urinary tract cancer ( $n = 3201$ )	Univariate $p$ value
Age (median, IQR)	67.7 (57, 76)	74.2 (67, 81)	66.8 (56, 75)	
Age (mean, range)	65.7 (19–99)	73.0 (28–96)	64.9 (19–99)	<0.001
Haematuria, $n$ (%):				<0.001
Visible	2311 (65.0)	317 (89.3)	1994 (62.3)	
Nonvisible	1245 (35.0)	38 (10.7)	1207 (37.7)	
Gender, $n$ (%):				<0.001
Male	2112 (59.4)	273 (76.7)	1839 (57.5)	
Female	1444 (40.6)	82 (23.1)	1362 (42.5)	
Ethnicity, $n$ (%):				0.021
Afro-Caribbean	51 (1.4)	2 (0.6)	49 (1.5)	
South Asian	86 (2.4)	6 (1.8)	80 (2.5)	
Oriental	15 (0.4)	0 (0)	15 (0.5)	
White	3080 (86.6)	330 (93.0)	2750 (85.9)	
Mix	31 (0.9)	2 (0.6)	29 (0.9)	
Other	23 (0.6)	2 (0.6)	21 (0.7)	
Not known	271 (7.6)	13 (3.7)	257 (8.0)	
Smoking history, $n$ (%):				<0.001
Nonsmoker	1528 (42.9)	115 (32.6)	1413 (44.0)	
Current/ex-smoker	1896 (53.2)	230 (64.6)	1666 (52.0)	
Not known	137 (3.8)	11 (2.8)	127 (4.0)	
Employment status, $n$ (%):				<0.001
Full-time work/part-time work/study/home maker	1518 (42.7)	85 (23.9)	1433 (44.8)	
Retired	1764 (49.6)	250 (70.4)	1514 (47.3)	
Unemployed	78 (2.2)	4 (1.1)	74 (2.3)	
Disabled	40 (1.1)	2 (0.6)	38 (1.2)	
Not known	156 (4.4)	14 (3.9)	142 (4.4)	
Occupational risk factor <sup>a</sup> , $n$ (%):				0.708
Yes	531 (14.9)	54 (15.2)	477 (14.9)	
No	2756 (77.5)	278 (78.4)	2478 (77.4)	
Not known	269 (7.6)	23 (6.5)	246 (7.7)	

IQR = interquartile range.

<sup>a</sup> Defined as gardener, painter, hairdresser/barber, textile worker, or metals factory worker.

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