LUTS/OAB

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Lower urinary tract symptoms (LUTS) are common in men, particularly the elderly, and are often assumed to be directly or indirectly related to prostate problems. However, current knowledge suggests that bothersome LUTS may also have other causes, for example, the bladder, either as detrusor overactivity (overactive bladder syndrome; OAB) or detrusor underactivity, and the kidney, which manifests as nocturnal polyuria and polydipsia. LUTS themselves may be categorised into two main groups: storage symptoms and voiding/post-voiding symptoms (as well as post-voiding symptoms).

Storage LUTS are synonymous with OAB as defined by the International Continence Society (ICS): ‘urgency, with or without urgency incontinence, usually with frequency and nocturia’. The EPIC population-based survey was conducted in Canada, Germany, Italy, Sweden and the UK in 2005 amongst 19,165 men and women over the age of 18 years, and used the 2002 ICS definitions. Overall 11.8% were found to complain of symptoms suggestive of OAB. The results showed that in men, storage LUTS were more prevalent than either voiding or post-voiding LUTS (51.3%, 25.7% and 16.9%, respectively). The prevalence of LUTS increases with age, and the prevalence of storage LUTS increases with age among men specifically.

The negative impact of OAB symptoms and LUTS on quality of life (QoL) is well documented, and has far-reaching effects on daily life that can adversely affect their functionality and productivity at work. Based on a prevalence of 18.6%, the societal costs of OAB among community-dwelling adults in the US have been estimated at nearly $25 billion per annum, with the cost of managing OAB symptoms 2.6 times higher among adults aged <65 years, compared with adults aged ≥65 years.

National and international guidelines have been developed on the recommended treatment approaches for managing male LUTS. The current challenge is to address the treatment gap that exists between guidelines and clinical practice.

This presentation will review the latest data looking at current epidemiology, management strategies incorporating the latest international guidelines and attempt to translate this all into everyday clinical practice.

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Paul Abrams is considered one of the world’s leading experts in the field of lower urinary tract dysfunction. He is currently Professor of Urology, University of Bristol and Consultant Urological Surgeon, Southmead Hospital, Bristol and Director of the Bristol Urological Institute.

Professor Abrams has served as General Secretary of the International Continence Society (ICS), a position he held from 1985 to 2003. In addition, he was Chairman of the 1st, 2nd and 3rd and 4th International WHO International Consultations on Incontinence (2008). He chaired the Urodynamic Sub-committee of the International WHO Consultation on Benign Prostatic Hyperplasia, was co-chair of the 2005 Consultation on Male Lower Urinary Tract Dysfunction and Vice-Chairman of the International Consultation on Urological Diseases (ICUD). He was deputy editor of Neurourology and Urodynamics (1995-2006), is a member of several editorial boards and an expert reviewer, as well as a journal referee, for many leading urology journals. He has also been an advisor to the US FDA, the American College of Obstetrics and Gynaecology and the US Agency for Healthcare Policy Research. He is a member of the NICE Interventional Procedures Advisory Committee and was a council member of the British Association of Urological Surgeons (BAUS) and the first Chairman of the BAUS Section of Female and Reconstructive Urology.

Professor Abrams is a member of the Board of the European Association of Urology (EAU) and is chair of courses and consultations at the Société Internationale d'Urologie (SIU).

An invited speaker at meetings in over 30 countries, he has lectured and presented at all the major international urological meetings. He has edited more than 10 books, has contributed chapters to more than 30 academic books and has produced over 300 journal articles and published abstracts. The third edition of his book "Urodynamics" was published in 2005.