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DETRUSOR OVERACTIVITY IN MALES – DIAGNOSTIC AND TREATMENT PARTICULARITIES

Hypothesis / aims of study

In many cases, male LUTS are erroneously diagnosed and treated as bladder outlet obstruction (BOO), although available epidemiological data suggest that the incidence of detrusor overactivity (DO) is equal between sexes. The purpose of this study was to identify those cases where the symptoms are mainly due to DO and not to BOO.

Study design, materials and methods

Between January 2006 and January 2010, we evaluated 83 males (53-71 y.o.) with no known neurological pathology, accusing LUTS (frequency, urgency, nocturia, incontinence) that were initially considered to be due to BPH, but with no response to the specific treatment (α blockers, 5 α RIs). The patients were reevaluated and referred for urodynamic testing. Filling cystometry was performed according to the ICS guidelines. Provocative maneuvers were used if symptoms could not be reproduced otherwise. Specific treatment was started if DO was diagnosed. Patients were followed up for at least one month.

Results

Detrusor overactivity was diagnosed in 68 cases (82%) at the end of the cystometry. In 37% of this cases (25 patients), provocative maneuvers were used to reproduce the symptoms. In 3 cases (4.4%), life style changes were enough to improve the symptoms. In all other cases, antimuscarinics were used, sometimes in association with α blockers. In 63 patients (97%), significant improvement of symptoms were reported by the patients. Two patients were not satisfied by the treatment.

Interpretation of results

Concluding message

Detrusor activity of the aging male has a relatively high incidence and can be erroneously diagnosed as BOO due to BPH. Urodynamic testing is mandatory in all cases where the initial treatment was ineffective.

Specify source of funding or grant	None
Is this a clinical trial?	Yes
Is this study registered in a public clinical trials registry?	No
Is this a Randomised Controlled Trial (RCT)?	No
What were the subjects in the study?	HUMAN
Was this study approved by an ethics committee?	Yes
Specify Name of Ethics Committee	Local EC
Was the Declaration of Helsinki followed?	Yes
Was informed consent obtained from the patients?	Yes