

164

Authors: H.H. Woo, H.M. Scarpero, and J.C. Winters
Institution: Ochsner Clinic
Title: THE URODYNAMIC FINDINGS IN MEN WITH LOWER URINARY TRACT SYMPTOMS REFRACTORY TO ALPHA BLOCKERS

Aims of Study:

Reports on urodynamic findings in the specific population of men with refractory LUTS despite medical therapy with alpha-blockers is rare. Our objective is to determine the urodynamic findings in men with lower urinary tract symptoms (LUTS) not responding to alpha-blocker therapy.

Methods:

93 patients with persistent LUTS despite treatment for at least 2 months with alpha-blockers underwent multi-channel urodynamics (UDS). The minimum doses of alpha-blockers required for study entry were: Cardura 4mg, Hytrin 5mg, and Flomax 0.4mg. Maximum detrusor pressure (Pdet) and maximum urinary flow rate (Qmax) were recorded for each patient. Patients were classified into three groups by pressure-flow (P-Q) data: Obstructed (Pdet \geq 40; Qmax \leq 12), Equivocal (Pdet 30-39; Qmax \leq 12) and Unobstructed (Pdet \leq 29; Q max \leq 12).

Results:

20/93 patients with prostate cancer or following prostatectomy were excluded. 73 patients met the study criteria. The average age was 68.7 yr. (42-88). Seventeen patients had diabetes (DM), and 14 had a history of neurologic disorder (NGB). Fifty-one (54.8%) patients were obstructed, 4 (4.4%) had urodynamic criteria equivocal for obstruction, and 18(20.5%) were not obstructed. 9/22 (40.9%) patients without a UDS diagnosis of obstruction had DM or NGB compared to 22/51 (43.1%) with a UDS diagnosis of obstruction (p=0.90).

Conclusions:

The most prevalent UDS finding in these patients is bladder outlet obstruction. The incidence of non-obstructive urodynamic findings are similar to previous urodynamic investigations in men with LUTS.

Source of Funding: none.