

DOES PROSTATE SIZE MATTER?-- A COMPARATIVE ANALYSIS OF TRUS PROSTATE VOLUME VERSUS FLOWMETRY PARAMETERS AND IPSS SYMPTOM SCORES

Hypothesis / aims of study

The prostate size has been considered a significant denominator in assessing a patient with LUTS and voided flow characteristics. In this study, we assessed the TRUS measured size of the prostate (for accuracy) and comparatively analysed it with IPSS score and flowmetry characteristics.

Study design, materials and methods

307 patients referred to the prostate biopsy clinic with raised age specific PSA and/or an abnormal DRE were assessed for this study. They filled in the IPSS questionnaire and undertook flowmetry prior to undergoing TRUS prostate measurements and biopsy.

112 patients who had long-term catheters or were unable to undertake a flowmetry study were excluded.

Data from 195 patients were analysed. Non-parametric analysis with standard statistical software was done.

Results

Mean age was 67years (range: 45-87yrs); mean volume of 45.2cc (5.5-160cc) and mean PSA density (PSAD) was 0.37 (0.02-4.87).

79 men had DRE measurements recorded. There was a 64% concordance (defined as-difference of ≤ 10 gms) between DRE and TRUS prostate measurements. DRE under-estimated prostate size in 23%.

AUA score, IPSS score, QoL score, Q max, Voided volume and Residual volume had no significant difference when compared with prostate volume. Sub-group analysis with cut-off volumes of 30cc. and 50cc. again revealed no difference.

Interpretation of results

The prostate size is not associated with either worsening symptom scores or deteriorating flow characteristics.

Concluding message

We suggest that the physiological equilibrium between the adenomatous contours of the prostate and the detrusor muscle function influence the outflow parameters rather than the prostate size *per se*.

<i>Specify source of funding or grant</i>	None
<i>Is this a clinical trial?</i>	No
<i>What were the subjects in the study?</i>	HUMAN
<i>Was this study approved by an ethics committee?</i>	No
<i>This study did not require ethics committee approval because</i>	All information required for this study is information normally collected.
<i>Was the Declaration of Helsinki followed?</i>	Yes
<i>Was informed consent obtained from the patients?</i>	Yes