

Long-term outcomes of conservative management in young mainland Chinese men with primary bladder neck obstruction

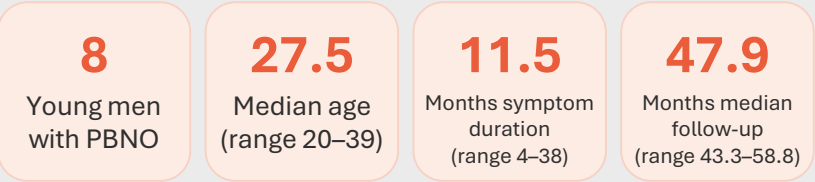
An Yifang, Lu Jianxin, Zhou Yu, Lai Jingling
Guang'anmen Hospital, China Academy of Chinese Medical Sciences

WHY THIS STUDY?

PBNO is an important cause of lower urinary tract symptoms in young men. For young, unmarried and childless patients, the decision to undergo bladder neck surgery may be challenging.

Can conservative management provide sustained benefit and delay or avoid surgery?

STUDY AT A GLANCE



Retrospective, single-center case series • all patients managed without surgery at baseline

CONSERVATIVE MANAGEMENT



2 observation | 3 α-blocker | 3 acupuncture/TCM
Outcomes: IPSS • QoL • Qmax • need for surgery

LIMITATIONS

Small sample • retrospective design • single-center cohort • heterogeneous conservative treatments
Exploratory findings; validation in larger prospective cohorts is needed.

LONG-TERM OUTCOMES

IPSS
18.8 → 12
↓ 6.8 points
Lower urinary tract symptoms improved

QoL
4.5 → 2.7
↓ 1.8 points
Quality of life improved

Qmax
13.6 → 16.5 mL/s
↑ 2.9 mL/s
Urinary flow improved

0 / 8 required surgery
during a median follow-up of 47.9 months

TAKE-HOME MESSAGE

In selected young men with relatively stable PBNO, conservative management may provide sustained clinical benefit and may be a feasible initial strategy, with individualized treatment and careful long-term follow-up.