Exploring the impact of aging on Lower Urinary Tract Symptoms (LUTS):

A Longitudinal Observational Cohort Study Focusing on the Genome-Exposome Interplay

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HYPOTHESIS / AIMS

- **Aging** = one of the greatest challenges of the 21st century
- 2050: population >65yo will be **doubled**
- Age-related diseases >< **genome-exposome** interplay
- **Lower Urinary Tract Symptoms (LUTS)** incidence:
  - Lifelong nature
  - Insomnia & Nocturia
  - Associated with urinary & gut microbiome

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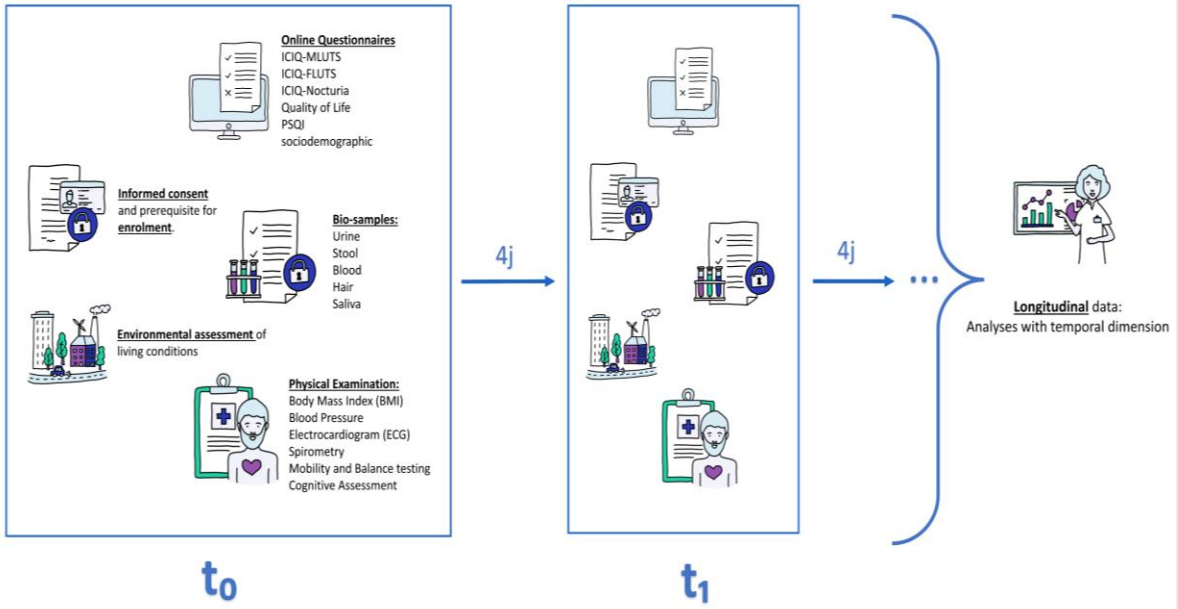
STUDY DESIGN

- **Longitudinal, prospective,** cohort study
- **20,000** Belgian residents
- **20** years
- **4-yearly** examination

INTERPRETATION

- LUTS **incidence** & **progression** over time
- LUTS **correlations**:
  - Genetics
  - Sleep
  - Microbiota
  - Environment

MATERIALS & METHODS



CONCLUDING MESSAGE:

- **P**ersonalized, **P**redictive, **P**reventive healthcare for **healthy aging**
- Biological, environmental, hereditary **predispositions** → early interventions
- Awareness and de-stigmatization of **lifelong LUTS**

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