INTRODUCTION

- It was historically believed that patients with outlet obstruction, improved their urine flow rate with valsalva’s manoeuvre. And moreover, that this was related to the etiopathogenesis of inguinal hernia. This has been proven inaccurate with the work of Jensen et al., where they demonstrate the lack of relationship between increased abdominal pressure and outlet obstruction.1,2.

- Aim of study: Verify that in a cohort of obstructed men the use Valsalva manoeuvre during the voiding phase does not improve Qmax.

MATERIALS AND METHODS

- From January 2014 to February 2016, we performed a prospective trial, informed consent were obtained, and during that period of time 195 urodynamic studies were performed. 171 patients accept to participated, and after:
  - Inclusion criteria:
    - IPSS > 7.
    - Qmax in the Freeflow <=10 ng/ml.
  - Exclusion Criteria:
    - Pdet >40cmH2O during the pressure/flow study (to avoid underactive bladder patients).
    - altered bladder compliance
    - bladder hyperactivity.

To determine if Valsalva’s Maneuver was useful in obstructed men, we asked all men to perform two Valsalva manoeuvre during micturition, of at least five second each, while the contraction of the detrusor has been started.

Results

- N=61
- Mean age 64.71 years (38-89y)
- Mean IPSS 19.19 (9-30). Mean Qol 4.3 (2-6).
- Qmax did not show improvement under valsalva’s maneuver. But the difference proved to be statistically significant in the detriment of Qmax as it was thought.

CONCLUSIONS

- Main Aim: In men with urodynamic outlet obstruction, the QMAX flow rate does not improve with valsalva’s manoeuvre. In fact, it diminishes.
- Valsalva’s manoeuvre does not modify detrusor pressure.
- The presence of a 6Fr catheter during voiding decreases Qmax per se, regardless of valsalva’s manoeuvre.

REFERENCES

2 Estudios urodinamicos sobre la utilización de la Maneobra de Valsalva en la micción de los hombres con hernia inguinal superior a los 50 años Yuan Ting H, Tavares Pinheiro R, Dambros M, Palma P, Actas Urol Esp. 2007;31(7):711-716
3 Hernia y prostatitis: ¿existe alguna relación entre ambas patologías?. Dres. Romano Salomón V.; Marino Ruiz Justo;Solari Juan José. Rev. Arg. de Urol. Vol. 72 (2) 2007