

Path to Prevention of LUTS Workshop



SAVE-THE-DATE

February 14 – 15, 2014

Agenda

Feb. 14, 2014

11:30 a.m. – 5:00 p.m.

Feb. 15, 2014

8:00 a.m. – 3:30 p.m.

Natcher Conference Center

National Institute of Health
Building 45, Bethesda, MD

Urinary incontinence and other lower urinary tract symptoms (LUTS)

in women are common, costly, and consequential and are associated with common medical conditions such as obesity, diabetes, and cardiovascular disease. To date, the majority of public and private research efforts have focused on management and treatment of severe symptoms. Exploring the potential role of prevention efforts to reduce the impact of LUTS on women represents a new direction in women's urologic health research, one with the potential to benefit a high proportion of women. The NIDDK-sponsored workshop "**Path to Prevention of Lower Urinary Tract Symptoms (LUTS) in Women: Bladder Health**" will bring together medical, nursing, physical therapy, patient education, behavior change, epidemiology, public health, and prevention experts in a scientific workshop framed around defining bladder health as a first step along this path. The objectives for this workshop are to:

- 1. Review what we know, what we don't know, and what we need to know about healthy bladder behaviors and risk factors for LUTS in women.**
- 2. Describe the essential features of NIH prevention research.**
- 3. Identify key features and challenges of implementing a research program in prevention of LUTS in women.**
- 4. Review current evidence for LUTS prevention educational interventions and discuss the level of evidence needed for specific aspects of the intervention.**

The goal of this workshop is to provide a scientific background that can inform research to identify and establish modifiable risk factors for LUTS in women and help lay the foundation for future prevention studies.



NIH National Institute of
Diabetes and Digestive
and Kidney Diseases