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Approach to lower urinary tract symptoms in men

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Background & Aim: Lower urinary tract symptoms (LUTS) include storage, voiding and post-micturition symptoms, which are frequently age related and progressive. A review of the literature indicates a prevalence of up to 62% of one or more LUTS in general male population. Although not a life threatening condition, it frequently leads to a decrease in the quality of life and could reveal serious urologic diseases. The aim of this workshop is to consider and promptly identify the various causes of LUTS and manage the most frequent one - benign prostatic hyperplasia (BPH).

Method: Brief introduction to the definition of LUTS; anamnesis and physical examination guided by urological symptoms; search for the cause of LUTS; interpretation of urine analysis; manage the most frequent causes of LUTS, with special emphasis on BPH. Promote a brainstorm approach to clinical cases in order to organize knowledge and stimulate the debate in the audience.

Results: At the end, the participants shall have improved their knowledge and experience in approaching LUTS, exploring the severity of the symptoms, treating of the main cause and managing the symptoms.

Conclusions: Considering the ageing of European population, it is expected a rise in the prevalence of LUTS in men. In most cases, LUTS are secondary to BPH, however it's mandatory to consider the range of differential diagnosis and identify the cause of the symptoms prior to starting any treatment.