THE LOW DOWN ON LUTS

New clinical guidelines for screening and treatment of male lower urinary tract symptoms

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Lower urinary tract symptoms (LUTS) - getting up to urinate two or more times a night (nocturia), urinating too frequently and difficulty urinating, are common in men. They may not be due to age or the prostate, but rather may be important markers of serious underlying disease (heart disease, diabetes, and depression) and share risk factors for these conditions (e.g. obesity, high blood pressure, abnormal blood fats, lack of physical activity). This provides health care providers with an important opportunity to promote healthy lifestyle to men, which will improve the condition.

OUR NEW KNOWLEDGE

DISPEL MYTHS
We have revealed that although more common in older men, LUTS is not a normal symptom of ageing and is often unlikely to be due to prostate enlargement.

THE CANARY
Our data suggests that LUTS in men is the canary in the coal mine, being an early warning sign of cardiovascular disease, diabetes, and depression.

JUST 5-7% LOSS
We have shown that with a 5-7% weight loss, men experience significant improvements in LUTS, and this was referenced in the European Urology Guidelines.

WE SEEK FUNDING TO

- Investigate LUTS biology and how risk factors influence the condition to guide treatment options
- Survey non-urban men to better understand environmental and social influences on LUTS prevalence
- Improve screening in general practice and across specialist settings and inform treatment guidelines

LUTS is very common with 4 out of every 10 men aged 40 years or older experiencing worrying symptoms on a regular basis.
Recent Contributions to the Scientific Literature


Contributions to clinical practice guidelines and information

Andrology Australia


Our Key Collaborating Institutions

- The South Australian Health and Medical Research Institute, SA
- Changi General Hospital, Singapore
- New England Research Institute, Watertown, Massachusetts, USA

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