

The Symptoms of Lower Urinary Tract Rights to Yaounde Central Hospital Cameroon: About 329 Cases

Introduction and Objective: The low urinary symptoms have been studied in many countries but very little in ours. The objective of this study is to evaluate the prevalence of the low urinary symptoms and related prostatic tumors associated in our country.

Materials and Methods: This study was done during a screening for prostatic tumors. The criteria retained were age, professional status, IPSS score, life's quality score and results of PSA. The rectal examination was also recorded. The patients with abnormal rectal examination or elevated PSA needed prostatic biopsy with pathological examination. Patients with IPSS score over 8, quality of life score from 3, and BPH at the rectal examination were considered symptomatic.

Results: We received 329 patients aged from 45 to 79 years (mean 56 years). The mean age for BHP patients was 61,6. Considering IPSS, 181 patients (56,9%) had a moderate to severe score. There were 200 patients (60,8%) who had their quality of life score from 3 to 6. There were correlations between IPSS score and age, IPSS score and gene score. We had BPH in 184 patients, of whom 118 were symptomatic. From those who were symptomatic, 17 were operated, 66 had medical treatment, and 35 were lost. We diagnosed prostatic cancer in 10 patients.

Conclusion: The lower urinary symptoms and BPH associated are frequent in our country. They have a tendency to be severe. The population concerned is very young, contrary to the literature. Few patients talk to their doctors about it instead of complications related to pathologies able to cause death. So it is necessary to inform patients and to sensitize medical doctors about it.