

Pharmacologic Therapy in Men with New-onset Lower Urinary Tract Symptoms

Introduction and Objective: Previous studies have demonstrated that a minority of men seek health care for their lower urinary tract symptoms. Few, however, have evaluated the proportion of men with new-onset symptoms who do not receive medical therapy and may be candidates for self-management.

Materials and Methods: As part of the California Men's Health Study, 39,222 men ages 45-69 years old from the Southern California Kaiser Permanente Health plan were surveyed in 2002-2003 and again in 2006-2007. Men who reported none-mild symptoms (International Prostate Symptom Score 0-7), with no diagnosis of benign prostatic hyperplasia and who were not on medications for lower urinary tract symptoms at baseline in 2002 (N=20,766) were followed to identify those who reported a score of 8-19 (moderate) or 20 or higher (severe) in follow-up. Linked pharmacy records were examined to determine the filling of prescriptions for alpha blockers and/or 5-alpha reductase inhibitors following baseline and medical records were examined to determine minimally invasive or surgical procedures and urology clinic visits.

Results: Of the 10,269 men who had none-mild symptoms at baseline, 4229 (41%) reported moderate-severe symptoms at follow-up. Of them, 363 (8.6%) had record of a pharmacologic treatment for lower urinary tract symptoms being dispensed, 3 (0.7%) had a minimally invasive or surgical procedure for BPH and 3863 (91.4%) had no treatment recorded. Men who progressed to severe symptoms (IPSS \geq 20) at follow-up were more likely to be on medication for BPH (OR=8.16, 95% CI= 5.89, 11.30), have a diagnosis of BPH (OR=4.83, 95% CI=3.51, 6.65) or have seen a urologist in the intervening years (OR=2.66, 95% CI= 1.96, 3.62) when compared to men who did not progress to severe symptoms (IPSS < 20).

Conclusions: These data demonstrate that in this system, over 91% of men with new onset LUTS over four years do not have a pharmacologic or surgical therapy for their symptoms. This substantial proportion of men may prove good candidates for a self-management plan.