
Lower Urinary Tract Symptoms in Adults

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Editors

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A Clinical Approach

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This book is dedicated to all those healthcare professionals who strive in this seemingly unglamorous area of medicine yet see the interest and the challenge, and above all, what a difference can be made for patients in real need.

Foreword

Lower urinary tract symptoms affect so many people in so many ways. Their influence is profound, and often, people will struggle on without seeking help. When finally they seek medical input, it is usually because they have reached desperation level. As healthcare professionals, we need to understand how profound the experience can be for an affected patient. They disclose their most personal details, they undergo intimate tests, and they place a substantial part of their future in our hands when they consent to treatment. We must be tactful, discrete, honest and considerate. Above all, our knowledge must be broad, and communication has to be effective. This book addresses these points and provides the broad platform needed to deliver effective care in the main contexts where LUTS can be encountered in our professional practice.

Bristol, UK

Marcus Drake

Preface

There is something about functional urology and urogynaecology which encompasses a truly rewarding professional career for both doctors and nurses. Whether it's the intellectual challenge of understanding the concepts, the technical challenge of wide-ranging surgical skills or the compassion felt for our patients, this is an area which suits someone who has kept the desire to help people. This book was born from the interactions which so enrich this community of professionals, in particular the world-class strength of the Bristol Urological Institute, with its reputation built on the Certificate of Urodynamics, the International Consultation on Incontinence, the International Continence Society Standardisations and the ICIQ project. It is through the Certificate of Urodynamics, which has taught thousands of experts over the years, that the BUI is best known. Yet it has very powerful skills in primary clinical research and basic science and clinical training of urodynamicists and surgeons of the future. These opportunities brought the three editors together with the vision to develop a book which encapsulates the scope of LUTS and the importance for our patients. We hope that all healthcare professionals, be they doctors or nurses, consultants or residents in urology, gynaecology or any relevant medical profession, will find thought-provoking and comprehensive benefit herein.



The community spirit of functional urology: faculty and delegates at the Bristol Certificate of Urodynamics course held in Lisbon, May 2019

Bristol, UK
Florence, Italy
Lisbon, Portugal

Marcus Drake
Andrea Cocci
Ricardo Pereira e Silva

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Contents

1	The Urinary Tract: Form and Function	1
	B. Chakrabarty, J. Crook, Marcus Drake, Niall Gilliland, Dev Gulur, D. Kitney, A. Manjunath, Pavlo Somov, and B. Vahabi	
2	The Lower Urinary Tract Symptoms	19
	Haitham Abdelmoteleb, Martino Aiello, Marcus Drake, Karel Everaert, Rita Rodrigues Fonseca, An-Sofie Goessaert, George Kasyan, Tove Holm-Larsen, Luis López-Fando, Thomas Monaghan, Renato Lains Mota, Toon Mylle, and Kim Pauwaert	
3	Conditions and Syndromes	39
	Suzanne Biers, Marco H. Blanker, N. Dias, Charlotte Foley, Aziz Gulamhusein, Ilse Hofmeester, Han-Chorn Kuo, Cheng-Ling Lee, Nadir I. Osman, Shiv Kumar Pandian, Rui Pinto, Richard John Popert, and Ricardo Pereira e Silva	
4	LUTS Assessment	75
	Alison Bray, Sophia Cashman, Nikki Cotterill, Marcus Drake, Mikkel Fode, Andrew Gammie, Christopher Harding, Dharmesh Kapoor, Nikesh Thiruchelvam, Laura Thomas, and Alan D. Uren	
5	Treatment of Voiding LUTS	131
	Mohammed Belal, Amerdip Birring, Steve Wai Hee Chan, Matthew Crockett, Cosimo De Nunzio, Manuel Castanheira de Oliveira, Aniket Deshpande, Marcus Drake, Vinnie During, Frederico Furriel, Andrea Giannini, Kwang Jin Ko, Kyu-Sung Lee, Amit Mevcha, Luis Abranches Monteiro, André Marques Pinto, Martin Romancik, and Andrea Tubaro	
6	Treatment of Storage LUTS	169
	Ammar Alhasso, Alan Cottenden, Francisco Cruz, Helene De Bruyn, Amâncio de Oliveira, Maeve Dooher, Wouter Everaerts, Mandy Fader, Hashim Hashim, Henriette Veiby Holm, Noémie Luyts, Margaret Macaulay, Elisabetta Micelli, Riyadh T. Al Mousa, Cathy Murphy, André Marques Pinto, Sajjad Rahnama'i, Miguel Silva Ramos, João Silva, Ricardo Pereira e Silva, Frank Van der Aa, Matthias Vanneste, and Igor Vaz	

7	Influences and Complications	217
	Gregory M. Amend, Andrew Baird, Nima Baradaran, Uroš Bele, Benjamin N. Breyer, Gianmartin Cito, Marcus Drake, Emily Henderson, Carol Joinson, Juan Gómez-Rivas, Mike Kirby, Paulo Pé-leve, Marisa Fernandes das Neves, Rodrigo Garcia, Ruben Trochez, and Ricardo Pereira e Silva	
8	Neurological Disease and LUTS	267
	Márcio Augusto Averbeck, Gianmartin Cito, Marcus Drake, Jay Khastgir, Ricardo Pereira e Silva, Simon Fulford, and Sheilagh Reid	

About the Editors

Marcus Drake is a specialist in the treatment of urinary incontinence (stress incontinence, post-prostatectomy incontinence and overactive bladder), neuropathic bladder and urinary tract infection. As professor of Physiological Urology, he leads a large programme of major clinical and basic science research at the University of Bristol and the Bristol Urological Institute. He trained at the Universities of Cambridge, Oxford and Newcastle. He is former chairman of the International Continence Society Standardisation Steering Committee and the International Consultations on Urological Diseases Committees for Neuro-urology (clinical), Neural Control (basic science) and Nocturia. He is a former member of the European Association of Urology Guidelines panels for Incontinence and Male LUTS.

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Abbreviations

5ARI	5 alpha reductase inhibitor
AB	Alpha blocker
AE	Adverse event
AM	Antimuscarinic
AUR	Acute urinary retention
BoNT-A	Botulinum neurotoxin-A
BOO	Bladder outlet obstruction
BPE	Benign prostate enlargement
BPH	Benign prostate hyperplasia
BPO	Benign prostate obstruction
CUR	Chronic urinary retention
CVA	Cardiovascular accident
DO(i)	Detrusor overactivity (incontinence)
DSD	Detrusor sphincter dyssynergia
DUA	Detrusor underactivity
ED	Erectile dysfunction
FFR	Free flow rate
FSF	First sensation of filling
FVC	Frequency volume chart
HCP	Healthcare professional
HRQL	Health-related quality of life
IDF	Increased daytime frequency
LUTS	Lower urinary tract symptoms
MetS	Metabolic syndrome
MSA	Multiple system atrophy
MUT	Midurethral tape
NDV	Normal desire to void
NLUTD	Neurogenic lower urinary tract dysfunction
NP	Nocturnal polyuria
NPH	Normal pressure hydrocephalus
OAB	Overactive bladder
PDE5	Phosphodiesterase type 5
PFMT	Pelvic floor muscle training
PFS	Pressure flow study

PMC	Pontine micturition centre
PMD	Post micturition dribble
POP	Pelvic organ prolapse
PRO(M)	Patient reported outcome (measure)
PSA	Prostate-specific antigen
PVR	Post-void residual
PVS	Pubovaginal sling
QoL	Quality of life
RMUT	Retropubic midurethral synthetic tape
rUTI	Recurrent urinary tract infections
SDV	Strong desire to void
SNS	Sacral nerve stimulator
STI	Sexually transmitted infection
SUI	Stress urinary incontinence
TMUT	Transobturator midurethral synthetic tape
TNS	Tibial nerve stimulator
TOT	Transobturator tape
TRP	Transient receptor potential
TUIP	Transurethral incision of prostate
TURP	Transurethral resection of prostate
TVT	Transvaginal tape
UAB	Underactive bladder
UDS	Urodynamics
UPP	Urethral pressure profile
US	Ultrasound
USI	Urodynamics stress incontinence
UTI	Urinary tract infection
VUDS	Videourodynamics