

## **Fast Facts On LUTS (Lower Urinary Tract Symptoms)**

### **Prevalence of LUTS Increases with Age**

*The prevalence of LUTS among normal males increases significantly through each decade of life.*

- A clinical survey of 168 male and 101 female outpatients over 30 years of age assessed the prevalence of self-reported urinary symptoms. Participants had no subjective complaints concerning urination, and male subjects had a prostate volume of less than 20 mL on transabdominal ultrasonography
- Among the 168 men (aged 34-84) who had no spontaneous complaints of LUTS, the prevalence of symptoms such as weak stream, urgency, frequency, and nocturia increased with age
- Nocturia showed the most dramatic increase, from less than 10% in those under the age of 50 to greater than 30% in those over the age of 70 and more than 60% in those over the age of 80
- Compared with those under the age of 50, symptoms of weak stream, urgency, and frequency were 2 to 4 times more prevalent in those over the age of 70
- Urodynamic studies in 65 of the men with low symptom scores found a significant reduction in maximum flow rate with increasing age ( $P < .05$ )<sup>1</sup>

### **Established Problems and Consequences**

*LUTS is typified by urinary frequency, urgency, nocturia, decreased stream (BOO), and sensations of incomplete bladder emptying. These problems affect the patient's QOL*

### **The MSAM-7 Study**

*The largest epidemiologic study of sexual dysfunction in older men.*

- The MSAM-7 study is the first large-scale, multinational investigation of LUTS and sexual dysfunction in older men. Sexual activity studied included domains of sexual activity, erectile and ejaculatory problems, painful ejaculation, sexual desire, and overall sexual satisfaction
- The study surveyed 14,254 men (50-80) from 7 countries to investigate the link between sexual dysfunction (EjD) and the severity of LUTS in aging men. Of those surveyed, 90% (12,815 responses) were evaluated<sup>2</sup>

### **More Severe LUTS Impairs Sexual Function Independent of Age**

*Against general belief, the MSAM-7 study found that older men continued to have active sex lives.*

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<sup>1</sup> Homma Y, Imajo C, Takahashi S, Kawabe K, Aso Y. Urinary symptoms and urodynamics in a normal elderly population. *Scand J Urol Nephrol Suppl.* 1994;157:27-30.

<sup>2</sup> Rosen R, Altwein J, Boyle P, et al. Lower urinary tract symptoms and male sexual dysfunction: the Multinational Survey of the Aging Male (MSAM-7). *Eur Urol.* 2003;44:637-649

- As an average frequency, men in their 50s and 60s still had the typical “twice a week” sex; men in their 70s, once a week
- Sexual activity studies included domains of sexual activity, erectile and ejaculatory problems, painful ejaculation, sexual desire, and overall sexual satisfaction
- The average monthly frequency of sexual activity decreased from 7.6 times per month for men aged 50-59 years to 3 times for men aged 70-80 years ( $P<.001$ ). A similar decline in sexual activity was seen in relation to LUTS severity ( $P<.001$ )
- Within EACH group of men at each decade of life from age 50, frequency of sexual activity declined significantly with increasing LUTS symptoms—the connection is AGE INDEPENDENT
- For example with no LUTS, men in their 50s continue to have sex eight times a month; this drops off significantly as LUTS increases
- To illustrate the severity of this, men in their 50s with severe LUTS have the same level of sexual activity as men in their 70s with no LUTS<sup>3</sup>

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<sup>3</sup> Rosen R, Altwein J, Boyle P, et al. Lower urinary tract symptoms and male sexual dysfunction: the Multinational Survey of the Aging Male (MSAM-7). *Eur Urol*. 2003;44:637-649.