

## **ABSTRACT**

### **Management of Lower Urinary Tract Symptoms**

Lower urinary tract symptoms (LUTS) are common in males aged  $\geq 40$  years and the incidence of these symptoms increases with age. LUTS have a considerable impact on quality of life and are associated with increased rates of anxiety and depression and have an impact on work productivity and overall health. Despite this, only a minority of males with LUTS consult their general practitioners about their symptoms, and even fewer receive treatment.

LUTS may be divided into voiding (weak stream, incomplete voiding, hesitancy and straining) and storage (frequency, urgency and nocturia) symptoms. The frequent comorbidity of male LUTS with prostatic disease, together with a common multifactorial aetiology, means diagnosis and management can be complex. Although most LUTS could be treated effectively in primary care, referrals to urology outpatients are warranted if alarming signs present such as haematuria, recurrent infections, bladder stones, urinary retention and renal impairment.

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