

Start	End	Topic	Speakers
14:30	14:40	Overview of Male-Related Lower Urinary Tract Symptoms	Dean Elterman
14:40	14:50	Diagnostic Tools: The Combined Role of Urethrocystoscopy and Video-Urodynamics	Gianluca Sampogna
14:50	15:05	Is there a role for Minimally Invasive Surgical Therapies?	Silvia Secco
15:05	15:20	Underactive Bladder: Treatment	Gianluca Sampogna
15:20	15:35	Overactive Bladder: Treatment	Enrico Finazzi Agrò
15:35	15:45	Applying Theory to Practice: Case Studies	Dean Elterman Silvia Secco Enrico Finazzi Agrò
15:45	15:55	Questions	All
15:55	16:00	Closing Remarks & Workshop Evaluation Form	Dean Elterman

Description

Background Information

Bladder outlet obstruction (BOO) is a common urological problem predominantly affecting the male population, especially in the aging demographic. This condition can manifest through a variety of symptoms categorized broadly under lower urinary tract symptoms (LUTS), including both storage and voiding symptoms. Conditions related to underactive bladder (UAB) and/or overactive bladder (OAB) may be present at the same time. The complexity of these conditions lies in their overlapping symptoms and varying etiologies, which can complicate both diagnosis and management. Addressing these challenges requires a nuanced understanding of pathophysiology, advancements in diagnostic methodologies, and innovative treatment approaches. This workshop is designed to update practitioners on the state-of-the-art practices for managing these complex urological conditions, emphasizing a multi-dimensional approach that integrates cutting-edge diagnostic and therapeutic advancements.

Key Learning Points

- **Comprehensive Overview of LUTS and BOO:** This workshop will begin with an in-depth discussion on the pathophysiology and clinical implications of bladder outlet obstruction, with particular emphasis on how it interplays with underactive and overactive bladder conditions. Understanding the mechanisms behind these symptoms is crucial for accurate diagnosis and effective management.
- **Advanced Diagnostic Techniques:** Participants will be introduced to the latest diagnostic tools and their combined use, such as urethrocystoscopy integrated with video-urodynamics. This session aims to enhance the urologist's ability to diagnose these conditions accurately by identifying structural and functional abnormalities that contribute to BOO and related bladder dysfunctions.
- **Innovative Treatment Strategies:** Focus will be given to both established and emerging therapeutic options. This includes an exploration of pharmacological treatments targeting the bladder's muscular and neural control and an overview of the latest minimally invasive surgical techniques that offer effective relief with reduced morbidity. The discussion will also cover emerging therapies that might change future treatment paradigms.
- **Clinical Application Through Case Studies:** Real-world case studies will be presented to illustrate key concepts and treatment approaches discussed in the workshop. These case studies are designed to help participants apply learned knowledge in clinical scenarios, highlighting patient assessment, decision-making processes, and long-term management strategies.

Take Home Messages

- **Integrated Management Approach:** Successful management of UAB and OAB in the context of BOO requires a holistic, patient-centered approach that integrates detailed diagnostics with personalized treatment plans. This approach enhances patient outcomes and improves quality of life.
- **Diagnostic Precision:** The adoption of advanced diagnostic tools like combined urethrocystoscopy and video-urodynamics is pivotal in differentiating the specific contributions of UAB and OAB to BOO. Such precision in diagnosis allows for more targeted and effective treatment strategies.
- **Treatment Innovations:** Participants will gain insights into the latest pharmacological and surgical interventions that can be adapted to their practice. Understanding these options, along with their benefits and limitations, is essential for advising patients and tailoring treatments to individual needs.
- **Practical Skills:** By engaging with real-world scenarios through case studies, attendees will enhance their practical skills in managing complex urological conditions. This hands-on approach ensures that theoretical knowledge is effectively translated into clinical practice.

- Future Directions: Discussion on emerging research and potential future treatments will prepare practitioners for evolving standards in urological care, positioning them at the forefront of the field.

Additional References

To ensure the workshop content is grounded in the latest research and clinical guidelines, the following references will be included:

- Cardozo, L, Rovner, E, Wagg, A, Wein, A, Abrams, P. (Eds) Incontinence 7th Edition (2023). ICI-ICS. International Continence Society, Bristol UK, ISBN: 978-0-9569607-4-0.

- EAU Guidelines. Edn. presented at the EAU Annual Congress, Paris 2024. ISBN 978-94-92671-23-3.

- Sandhu JS, Bixler BR, Dahm P, et al. Management of lower urinary tract symptoms attributed to benign prostatic hyperplasia (BPH): AUA Guideline amendment 2023. J Urol. 2023;10.1097/JU.0000000000003698.

- Cameron AP, Chung DE, Dielubanza EJ, et al. The AUA/SUFU guideline on the diagnosis and treatment of idiopathic overactive bladder. J Urol. Published online April 23, 2024. doi:10.1097/JU.0000000000003985.

These references, along with in-depth discussions and case-based learning in our workshop, will ensure that attendees leave with a solid foundation and practical skills to improve their clinical practices. The educational value of this session is enhanced by the interactive elements and focus on translating theory into actionable clinical protocols. This detailed description will serve as a robust basis for the educational handout, ensuring that delegates have a clear understanding of the workshop's value and content before attending the meeting.

Aims of Workshop

This workshop aims to equip urologists with comprehensive strategies for diagnosing and managing underactive and/or overactive bladder (UAB/OAB) in bladder outlet obstruction (BOO) in men. Delegates will gain insights into the latest diagnostic techniques, explore innovative treatment modalities, and discuss case studies to enhance patient outcomes. This interactive session is designed to deepen understanding of BOO complexities and to foster improved patient care through a solid approach that takes into account both UAB and/or OAB symptoms.

Educational Objectives

The workshop titled "Innovative Approaches for Underactive and/or Overactive Bladder in Bladder Outlet Obstruction in Men" provides critical educational value for practicing urologists seeking to enhance their diagnostic and treatment strategies for bladder outlet obstruction (BOO). Spanning 90 minutes, this session is structured to deliver comprehensive insights into both underactive and overactive bladder (UAB/OAB) conditions, focusing on contemporary diagnostic tools and treatment modalities that can be readily integrated into clinical practice.

Delegates will actively engage with leading experts in the field through a series of focused presentations and interactive case studies, enhancing their understanding of male-related lower urinary tract symptoms (LUTS). Each segment, led by specialists in the field, has been carefully crafted to present the latest advancements and research-backed treatments, from minimally invasive surgical options to pharmacological advancements.

The workshop deals with an overview of male-related LUTS, a deep dive into diagnostic techniques and innovative minimally invasive surgical therapies, and specific conditions like UAB and OAB, highlighting cutting-edge therapeutic approaches. The inclusion of practical case studies in the later segment of the workshop ensures that delegates can visualize how these theoretical approaches are applied in real-world scenarios, fostering a better understanding of patient management strategies. The session concludes with a Q&A, allowing for direct interaction between attendees and speakers, facilitating a dynamic exchange of ideas and clarifications on complex topics. This format not only promotes active learning but also ensures that the knowledge gained is actionable, directly benefiting patient care and enhancing clinical outcomes in urological practice.

Learning Objectives

1. Understand the pathophysiology of bladder outlet obstruction in men and its impact on lower urinary tract symptoms.
2. Learn and evaluate various diagnostic tools and treatment options for effective management of underactive and/or overactive bladder symptoms.
3. Apply case study examples to develop practical skills in creating individualized treatment plans for men with bladder outlet obstruction.

Target Audience

Urology, Pure and Applied Science, Conservative Management

Advanced/Basic

Advanced

Suggested Learning before Workshop Attendance

1) ICS 2023 - "Novel BPH Therapies – Review of Males LUTS, Technologies and Practical Instruction" (<https://www.ics.org/2022/session/7412>).

2) Chapple CR, Osman NI. Underactive Bladder Versus Bladder Outlet Obstruction: Don't Get Tricked! Eur Urol Focus. 2022 Mar;8(2):388-390. doi: 10.1016/j.euf.2022.03.015.

3) Babin CP, Catalano NT, Yancey DM, Pearl NZ, Koonce EM, Ahmadzadeh S, Shekoohi S, Cornett EM, Kaye AD. Update on Overactive Bladder Therapeutic Options. *Am J Ther.* 2024 Jul-Aug 01;31(4):e410-e419. doi: 10.1097/MJT.0000000000001637.