

# Assessment of LUTS in General Practice Clinic of Caritas Medical Centre

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# Introduction

- Lower urinary tract symptoms (LUTS) are common in general practice but underlying causes are variable
- Questions in my mind:
  - Are there really so many cancers?
  - Are we doing good enough?
  - Have we missed out any possible cancers?
  - What happened to our patients eventually?

# Methodology

- Patients who were first prescribed with Prazosin or Terazosin in the clinic from the period 7/2011 to 9/2012 were sorted out through pharmacy record
- Their electronic medical records were reviewed in terms of reason of prescription, investigations done and their outcome

# Results and outcome (1)

- 265 patients were included, for 103 of them, their Prazosin or Terazosin were initiated by CMC GPC for treatment of LUTS
- Assessment done:
  - Digital rectal examination (n=91, 88.3%)
  - Renal function test (n=87, 84.5%)
  - Midstream urine for culture (n=76, 73.8%)
  - Plasma fasting glucose (n=76, 73.8%)
  - Prostate specific antigen (n=66, 64.1%)
  - Plain radiograph KUB (n=17, 16.5%)
  - Urine cytology (n=13, 12.6%)

# Results and outcome (2)

- 4 patients were diagnosed with CA prostate
  - 3 had abnormal digital rectal examination, 2 out of 3 had elevated PSA
  - The other one did not have PSA checked at GPC but found to have elevated PSA at Surgical follow up
- No clear-cut guidelines about assessment of LUTS in general practice were available
- CA prostate is not uncommon
- Early diagnosis, especially for younger patients, is essential to improve outcome