Urological Aspects of the Ageing Male

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Professor of Urology
Ageing Male: a valid proposition or a marketing hype?
The Perfect Male

Horny... but Sensitive

Age is a matter of mind .......
if you don't mind , it doesn't matter !
THEN

“I’ll be back!”

NOW

“Oh, my back!”

Strangeland.com
Is Ageing a Triumph?
Men’s Health

No physician can stop ageing.

But we can do a lot to reduce the suffering and aches of ageing.
‘The problem of male ageing has been for a long time subject to oversight, disconnection and lack of interdisciplinary collaboration’
Public Issues (and awareness)

• Prevention
• Self-care strategies
• Decrease morbidity of ageing
• Increase in QoL
• Reduction in health service costs
Men continue to have a higher morbidity and mortality rate and life expectancy for men is significantly shorter than that for women in most parts of the world.
Gender Gap: A general lack of health awareness

Gender difference in life expectancy

<table>
<thead>
<tr>
<th></th>
<th>1950</th>
<th>2000</th>
<th>2050</th>
</tr>
</thead>
<tbody>
<tr>
<td>Europe</td>
<td>5.1</td>
<td>8.7</td>
<td>6.4</td>
</tr>
<tr>
<td>World</td>
<td>2.7</td>
<td>4.3</td>
<td>4.9</td>
</tr>
</tbody>
</table>
While women are geared for preventive care, men generally come for “reparation”
What is an ageing male?

• What are the problems of an ageing male?

• Who should treat these problems?
Men’s Health is UROLOGY
The role of the urologist

Traditionally, Urology is the leading speciality that is involved in specific care of the ageing male.
Quality of live (QoL) of the ageing male is largely dependent on the quality of his urogenital function.
Urological (medical) conditions involved in male ageing

- LUTS
- Sexual dysfunction
- PADAM
- Prostate cancer
- Metabolic syndrome
Disease associated with male ageing constitute the majority of all urological OPD visits
### Male specific aging problems

<table>
<thead>
<tr>
<th>Problem</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>LUTS and BPH</td>
<td>20%</td>
</tr>
<tr>
<td>ED</td>
<td>13%</td>
</tr>
<tr>
<td>Prostate cancer</td>
<td>4%</td>
</tr>
<tr>
<td>ADAM</td>
<td>11%</td>
</tr>
</tbody>
</table>
BPH is the most common benign human neoplasm. Most men live to an age where they have a more than 80% chance of developing histological BPH and a more than 50% chance of being symptomatic from BPH.

BPH seldom reduces the duration of life, but it may impact heavily on his QoL and on those closest to him.
Prostate Cancer

- The most prevalent malignancy in men
- The second leading cause of cancer death in men
Prostate Cancer

It is predicted that the number of prostate cancer deaths will increase markedly with an estimated > 500,000 deaths globally in 2020, > 90% among men >70 years

10000 deaths per week!!!!!!!
The Boxmeer Study N = 1233
The Risk of Coronary Heart Disease in Men with Erectile Dysfunction☆

T.G.W. Speel, H. van Langen, E.J.H. Meuleman *

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Accepted 13 May 2003

Conclusions: Screening on cardiovascular risk factors and taking preventive measures is recommended in men with ED. Men with cavernous arterial insufficiency aged 50 to 59 years are especially prone to develop coronary artery disease.
Is ED a sentinel of a cardiovascular event

Follow-up time (months)

<table>
<thead>
<tr>
<th>Probability (no CVD)</th>
<th>Follow-up time (months)</th>
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</thead>
<tbody>
<tr>
<td>1.0</td>
<td>0</td>
</tr>
<tr>
<td>0.8</td>
<td>24</td>
</tr>
<tr>
<td>0.6</td>
<td>48</td>
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<td>0.4</td>
<td>72</td>
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<tr>
<td>0.2</td>
<td>96</td>
</tr>
<tr>
<td>0.0</td>
<td>120</td>
</tr>
</tbody>
</table>

RR = 1.5 [0.8 - 3.1]
Risk factors Men’s Health

- Age
- Behavior
- Cholesterol
- Diabetes Mellitus
- Erectile dysfunction
- Hypertension
- Inactivity
- Low Testosterone
- Medication
- Nutrition
- Obesity
- Prostate diseases

Strong relationship

LUTS versus sexual drive
DM versus erections
HT versus ejaculation

Raymond C. Rosen, MD, PhD
Men’s Health

Risk factors are additive in their effects interdependently clustered.

Metabolic Syndrome
The Metabolic Syndrome

- Hyperglycemia
- Hypertension
- Central Obesity
- Inflammation High CRP
- Hypercoagulability
- Endothelial Dysfunction
- Dyslipidemia High Triglic. Low HDL High LDL
- LUTS
- ED
Do you know the difference between Paris and New York?
Paris...
And New York...
Sexercise

Intercourse 3X a week diminishes the risk of a cardiovascular event by 50%
ADAM

- Muscle mass and strength
- Fat distribution (visceral fat)
- Libido and vitality
- Potency
- Osteoporosis
- Skin-changes and boldness
MODIFICATIONS with AGE of Total TESTOSTERONE(T), Free TESTOSTERONE(FT) and SHBG

Percentage of testosterone deficient men (< 11nmol/l) according to age

Vermeulen and Kaufman (unpublished)
General life expectancy and testosterone levels

858 Men (Age ≥ 40 Years; ø 60 Y.)

Cumulative Survival

≥ 8,7 nmol/l (n=452)

< 8,7 nmol/l (n=160)

Total testosterone at 2 assessments

Shores et al. Arch Int Med 2006; 166: 1660
The EAU and men’s health

Within the European Association of Urology (EAU) men’s health issues are dealt with in the European Association of Andrological Urology (EAAU), a full member of the EAU Section Office.