



Health-related Quality Of Life In Patients With Benign Prostatic Hyperplasia

ASST.PROF. MAJA SOFRONIEVSKA GLAVINOV

UROLOGIST AND GENERAL SURGEON

UNIVERSITY CLINIC FOR SURGICAL DISEASES "ST.NAUM OHRIDSKI", SKOPJE

UNIVERSITY "GOCE DELCHEV", SHTIP, FACULTY FOR MEDICAL SCIENCES

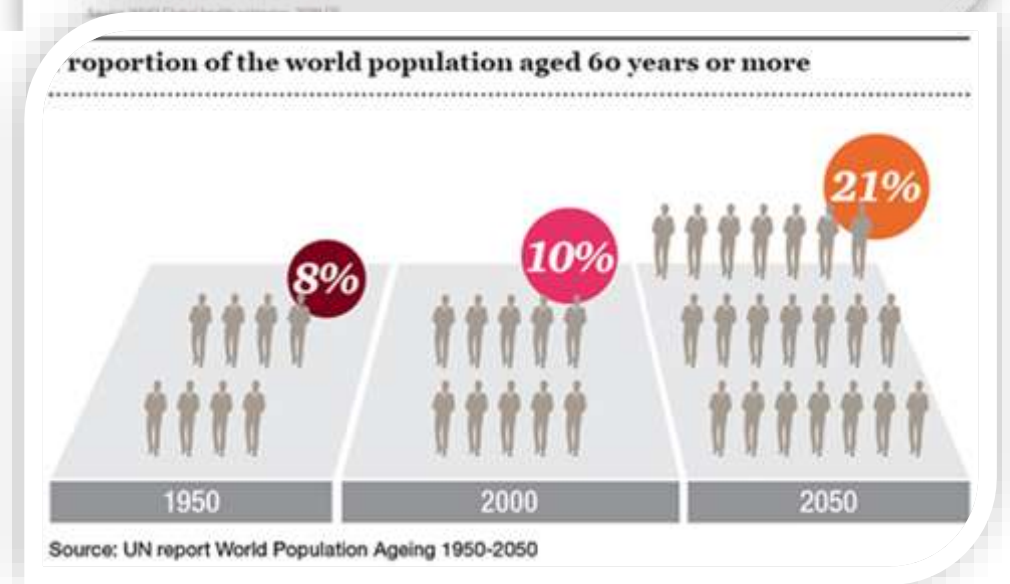
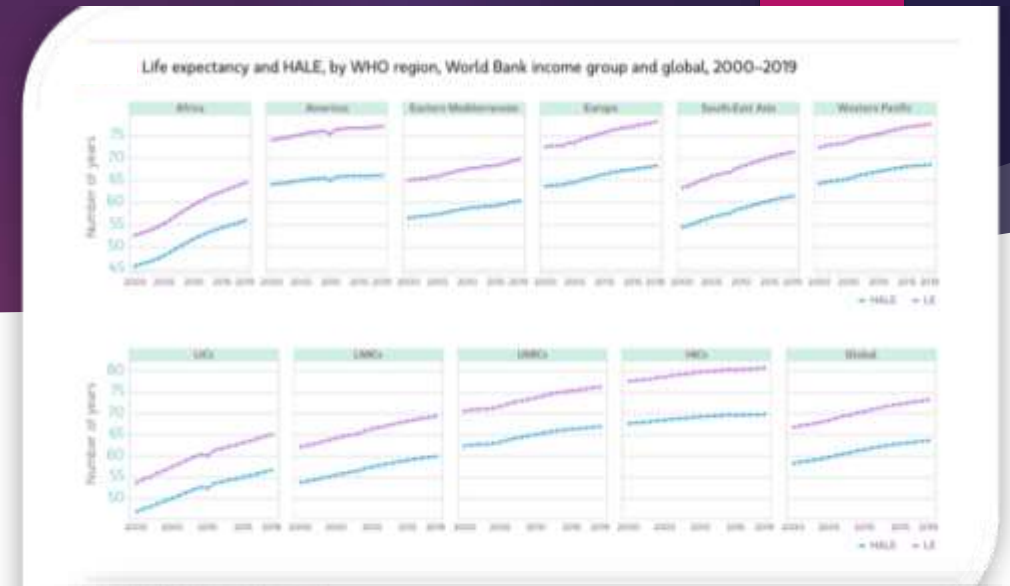
People are living longer!

Life Expectancy is increased by more than 11 years

Health-related Life Expectancy (HALE) is increased nearly 10 years

The number of older persons has more than tripled since 1950

It will almost triple again by 2050 and 1 in 5 people will be over 60

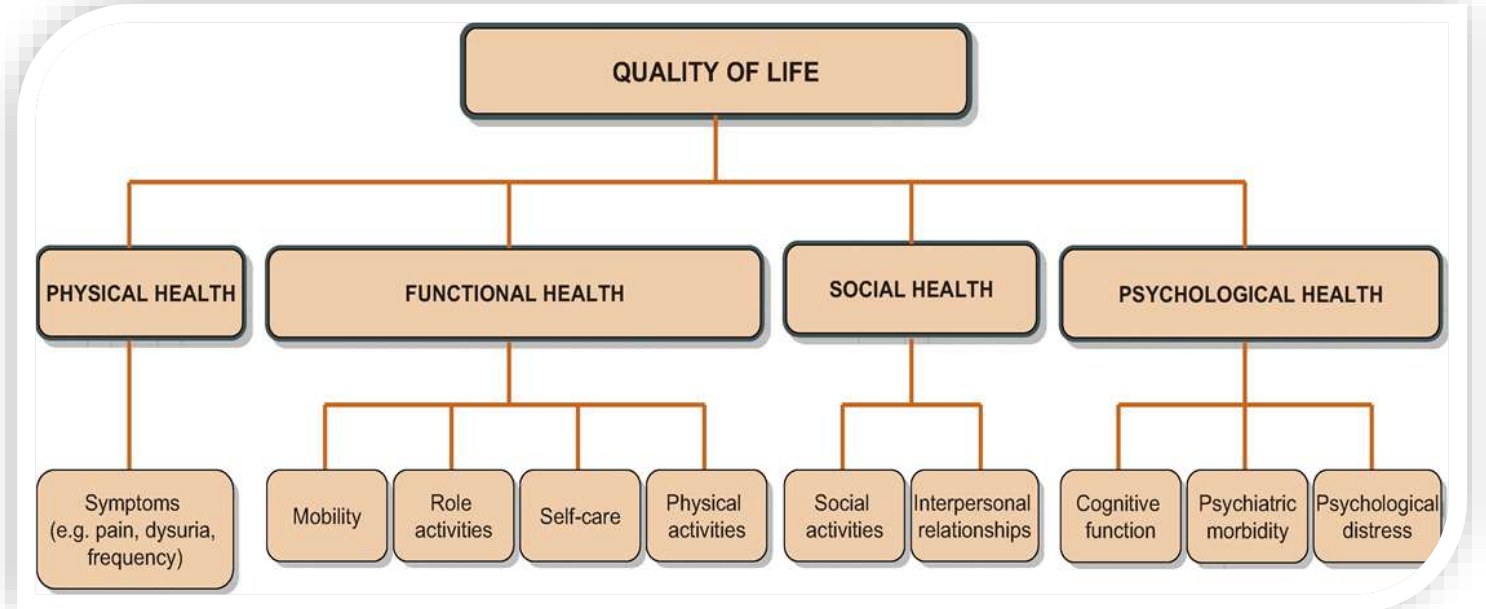




World Health Organization

1948 – “health is not only the absence of disease and infirmity but also the presence of physical, mental, and social well-being”.

- 1973- only 5 articles listed “quality of life” as a reference keywords Medline database
- 1974-during the subsequent five-year periods, there were 195, 273, 490, and 1252 such articles.



Do we live longer and better or do we gain only years of life in bad health?



eurostat



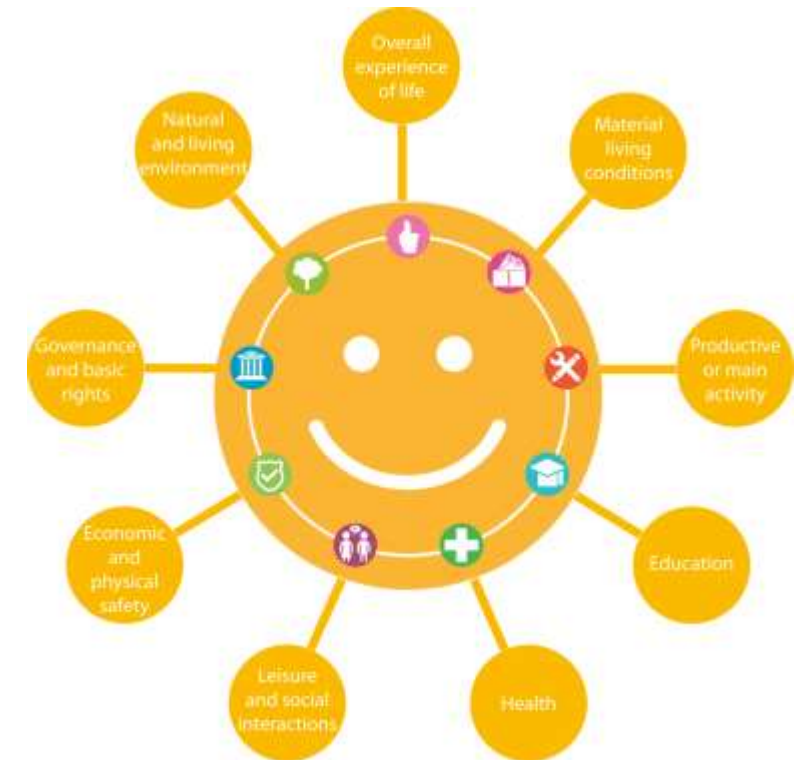
The indicator of healthy life years (HLY) measures the number of remaining years that a person of a specific age is expected to live without any severe or moderate health problems.



A set of QoL indicators based on 8 + 1 dimensions



The overall subjective perception of QoL requires an individual approach in the analysis of the QoL.



HRQoL & aging

HRQoL is the perceived quality of an individual's health status and daily life, in terms of physical, mental and spiritual well-being.

Its measurement provides information for an optimal management of physical/mental conditions.

HRQoL is low in developing countries.

Published online 2018 Jan 18. doi: [10.1186/s12955-018-0845-7](https://doi.org/10.1186/s12955-018-0845-7)

PMID: [29347951](https://pubmed.ncbi.nlm.nih.gov/29347951/)

Health-related quality of life among healthy elderly Iranians: a systematic review and meta-analysis of the literature

[Sogand Tourani](#),¹ [Masoud Behzadifar](#),² [Mariano Martini](#),³ [Aidin Aryankhesal](#),¹ [Masood Taheri Mirghaed](#),¹ [Morteza Salemi](#),¹ [Meysam Behzadifar](#),^{4,5} and [Nicola Luigi Bragazzi](#)^{3,6}

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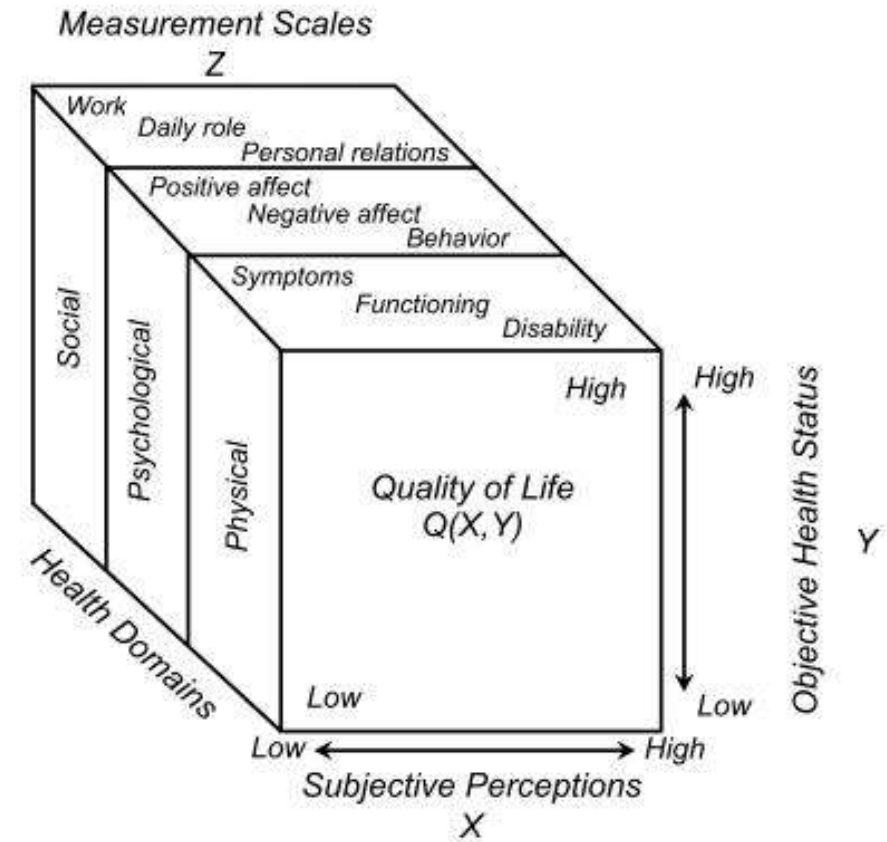
Why measure HRQoL?



1. Medical perspective – feedback on the effectiveness of the treatment and patient satisfaction



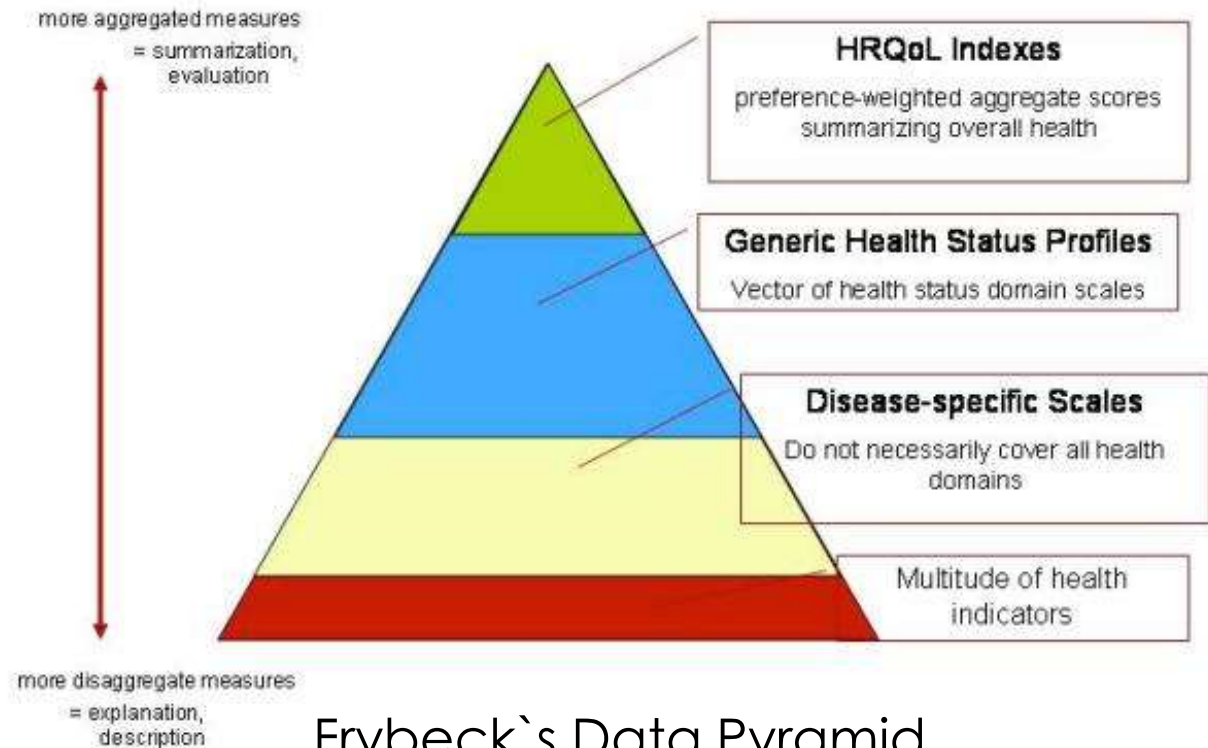
2. Health policy perspective - which intervention offers the greatest benefit to patients and economical benefit



Conceptual framework for HRQoL

Measuring HRQoL

- ▶ **First level - crude health indicators and vital statistics (population's death, immunization, and malnutrition rates).**
- ▶ **Second and third – are turning health specific and generic health concepts into measurable observations.**
- ▶ **The final level uses these direct measures to scale and index HRQoL.****



“The item-measurement theory” - how to measure the unmeasurable

HRQoL cannot be observed directly

INDIRECT measuring by asking a series of questions (“items”)

Different **FORMS** of questionnaires , surveys, interview

Converting answers to numerical scores
summed in scale scores

Combining to yield domain scores or other statistically computed summary scores

HRQoL measuring instruments - surveys

HRQoL

Generic - comparable between diseases

(comparing the
incomparable)*

36 item Short Form Health survey (SF-36/SF-12/ SF-8)

EuroQoL Five Dimension index (EQ-5D)/3 versions

The World Health Organisation- Five Well-Being Index (WHO-5)

Disease-specific

sensitivity on the populations with
specific illnesses or conditions

Combination

more comprehensive evaluation
of the impact of the disease and
effects of treatment

*Duncan Mortimer and Leonie Segal. Comparing the Incomparable? A Systematic Review of Competing Techniques for Converting Descriptive Measures of Health Status into QALY-Weights. Medical Decision Making, 2008, (28), 66 – 89.

BPH & HRQoL

Recommendation	Strength rating
Use a validated symptom score questionnaire including bother and quality of life assessment during the assessment of male LUTS and for re-evaluation during and/or after treatment.	Strong



IPSS (8th question for QoL)



BPH impact index (BII)



Overactive Bladder Questionnaire Short Form
for OAB bother, and impact on QoL



ICS Male Item Short Form Survey for male
incontinence

Predictive factors for HRQoL in BPH

Healthcare (Basel). 2020 Jun; 8(2): 158
Published online 2020 Jun 4. doi: [10.3390/healthcare8020158](https://doi.org/10.3390/healthcare8020158)

PMCID: PMC7349344
PMID: 32512888

Quality of Life in Older Adults with Benign Prostatic Hyperplasia

Sewon Park, Jeong-min Ryu, and Munjae Lee*

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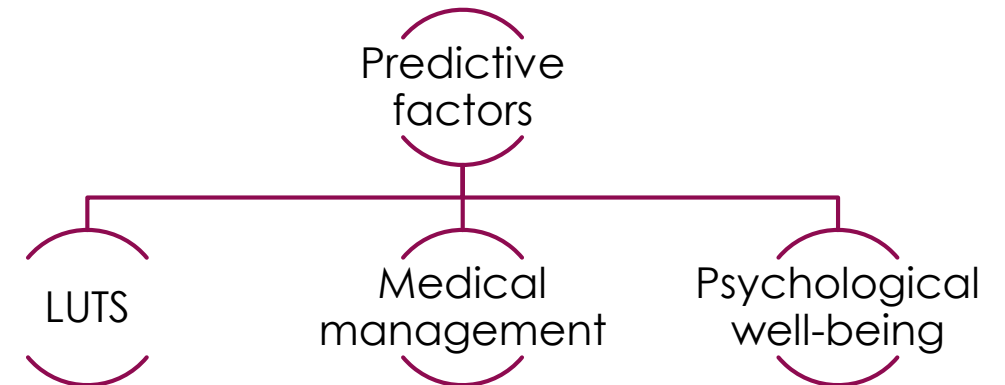
The more severe the symptoms of BPH, the lower the HRQoL becomes.



Worsening of symptoms due to aging and medical management failure significantly reduces HRQoL

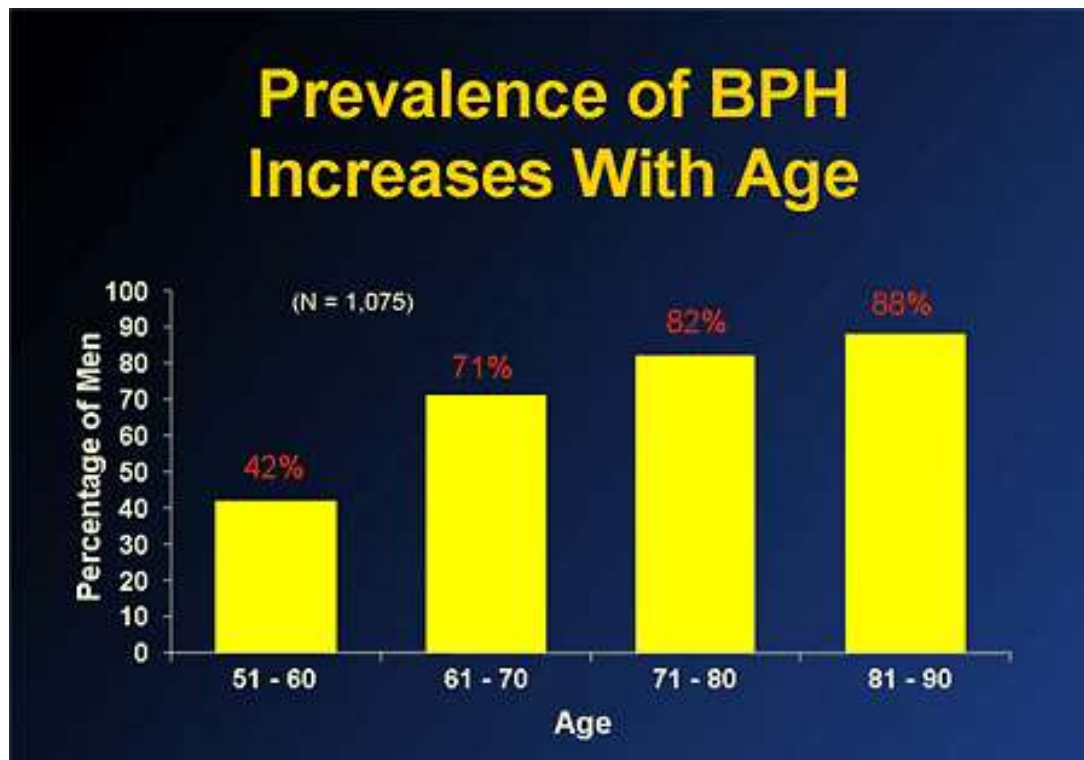


BPH induces psychological stress in patients due to anxiety and deterioration of their social function.



HRQoL in BPH patients / SNAPSHOT Study

▶ BPH has a negative impact on QoL and is associated with high levels of co-morbid diseases, indicating a need to better understand the management of the disease to reduce the impact on healthcare systems



Arab J Urol. 2022; 20(1):14-23. PMID: PMC8881068
Published online 2022 Jan 23. doi: 10.1080/2090598X.2021.2010451 PMID: 35223105

Prevalence of benign prostatic hyperplasia among the adult general population of five Middle Eastern Countries: Results of the SNAPSHOT programme

Amr Noweir,^a Ashraf Abusamra,^b Abdelnador Al Zarooni,^c Murat Binbay,^d Adam Doble,^e Luqman Tariq,^f Fayaz Aziz,^g and Abdelkader El Hasnaoui^g

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ABSTRACT

Objectives

To present data on the prevalence of benign prostatic hyperplasia (BPH) in five Middle Eastern countries (Egypt, Turkey, Kuwait, Saudi Arabia, and the United Arab Emirates; the latter three forming a Gulf cluster).

Subjects and Methods

The SNAPSHOT programme was a multi-country, cross-sectional epidemiological survey conducted by telephone in a random sample of the adult general population. Subjects were considered to have

Observational Study > Int Urol Nephrol. 2016 May;48(5):645-56.

doi: 10.1007/s11255-015-1206-7. Epub 2016 Jan 25.

Quality of life in patients with lower urinary tract symptoms associated with BPH: change over time in real-life practice according to treatment--the QUALIPROST study

Antonio Alcaraz ¹, Joaquín Carballido-Rodríguez ², Miguel Unda-Urzaiz ³, Rafael Medina-López ⁴, José L Ruiz-Cerdá ⁵, Federico Rodríguez-Rubio ⁶, Darío García-Rojo ⁷, Francisco J Brenes-Bermúdez ⁸, José M Cózar-Olmo ⁹, Víctor Baena-González ¹⁰, José Manasanch ¹¹

Affiliations + expand

PMID: 26810324 PMCID: PMC4839045 DOI: 10.1007/s11255-015-1206-7

[Free PMC article](#)

Benign Prostatic Hyperplasia Impact Index (BII) and the International Prostate Symptom Score (IPSS)

119 urologists

data available from 1713 patients

70% monotherapy, 21% - combination therapy, and 9% - watchful waiting (WW)

Optimal medical treatments produce similar levels of improvement in BPH symptoms and QoL.

Our research

CLINICAL SCIENCE

QUALITY OF LIFE ASSESMENT IN PATIENTS TREATED WITH MEDICAMENTS FOR BENIGN PROSTATIC HYPERPLASIA

Maja Sofronievska-Glavinov¹, Svetlana Jovevska², Mihil Kocubovski³

¹ University Clinic for Surgical Diseases „St. NaumOhridski“, Skopje, Republic of North Macedonia

² Faculty of Medicine, University Goce Delcev, Stip, Republic of North Macedonia

³ Institute of Public Health, Skopje, Republic of North Macedonia

Abstract

The purpose of this study was to determine the impact of symptoms and the effects of drug treatment on the quality of life in patients with benign prostatic hyperplasia. We evaluated two groups of patients with the International Prostate Scoring System questionnaire, the Beck depression inventory and an issue/question on quality of life. The first (control) group consisted of patients with benign prostatic hyperplasia who were on alpha-blocker therapy, while the second group of patients (examined) were on combination therapy with alpha blocker and 5-alpha reductase inhibitor. In analyzing the results, we came to the conclusion that patients in the control group had a better quality of life and psychosocial status due to the weaker symptoms of the disease. Patients in the second group had a poorer quality of life due to development of side effects of 5-alpha reductase inhibitors therapy: erectile dysfunction and depression. Modalities in the therapeutic approach enable improvement of the symptoms in the second group and improvement of the quality of life in patients with dual therapy for BPH.

Citation: Sofronievska-Glavinov M, Jovevska S, Kocubovski M. Quality of life assesment in patients treated with medicaments for benign prostatic hyperplasia Arch Pub Health 2019; 11 (1): 09-14 (Macedonian)

Key words: benign prostatic hyperplasia, symptoms, quality of life

***Correspondence:** Maja Sofronievska-Glavinov, University Clinic for surgical diseases „St. NaumOhridski“, Skopje, Republic of North Macedonia. E-mail: masofronievska@yahoo.com

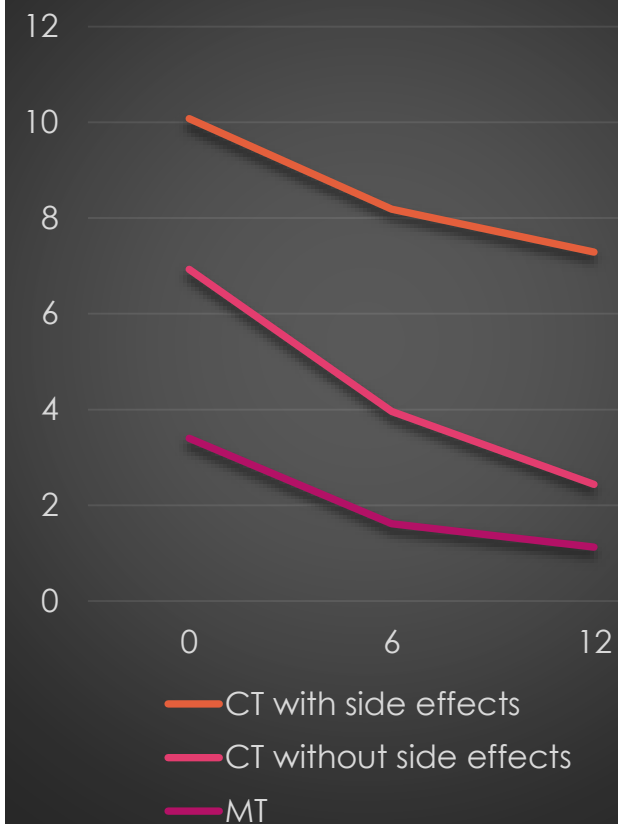
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Improvement of LUTS improves QoL both in monotherapy and combination medical therapy

Appearance of side effects has a negative implication on QoL.

QoL in BPH patients



Optimal treatment assessment

Combined surveys are used:

- **generic** related to overall health
- **disease-specific** and
- **generic**, analyzing the **economic perspective**.

RESEARCH ARTICLE

A comprehensive analysis of clinical, quality of life, and cost-effectiveness outcomes of key treatment options for benign prostatic hyperplasia

Bilal Chughtai , Sirikan Rojanasart  , Kurt Neeser , Dmitry Gulyaev , Shuai Fu , Samir K. Bhattacharyya, Ahmad M. El-Arabi, Ben J. Cutone, Kevin T. McVary 

Published: April 15, 2022 • <https://doi.org/10.1371/journal.pone.0266824>

An effective and economically viable treatment in resource-constrained environments

Chughtai B, Rojanasart S, Neeser K, Gulyaev D, Fu S, Bhattacharyya SK, et al. (2022) A comprehensive analysis of clinical, quality of life, and cost-effectiveness outcomes of key treatment options for benign prostatic hyperplasia. PLoS ONE 17(4): e0266824.

<https://doi.org/10.1371/journal.pone.0266824>

Conclusions

BPH prevalence is expected to rise dramatically due to the aging population.

Holistic approach towards individual management of BPH, focusing **HRQoL**.

Determination of optimal BPH treatment keeping in mind clinical outcomes, cost effectiveness of the treatment and QoL as final goals.



EVERYONE

DESERVE

A BETTER

LIFE

Thank you