

노인의 비뇨기과 질환

Urologic Diseases in Elderly Men

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Abstract

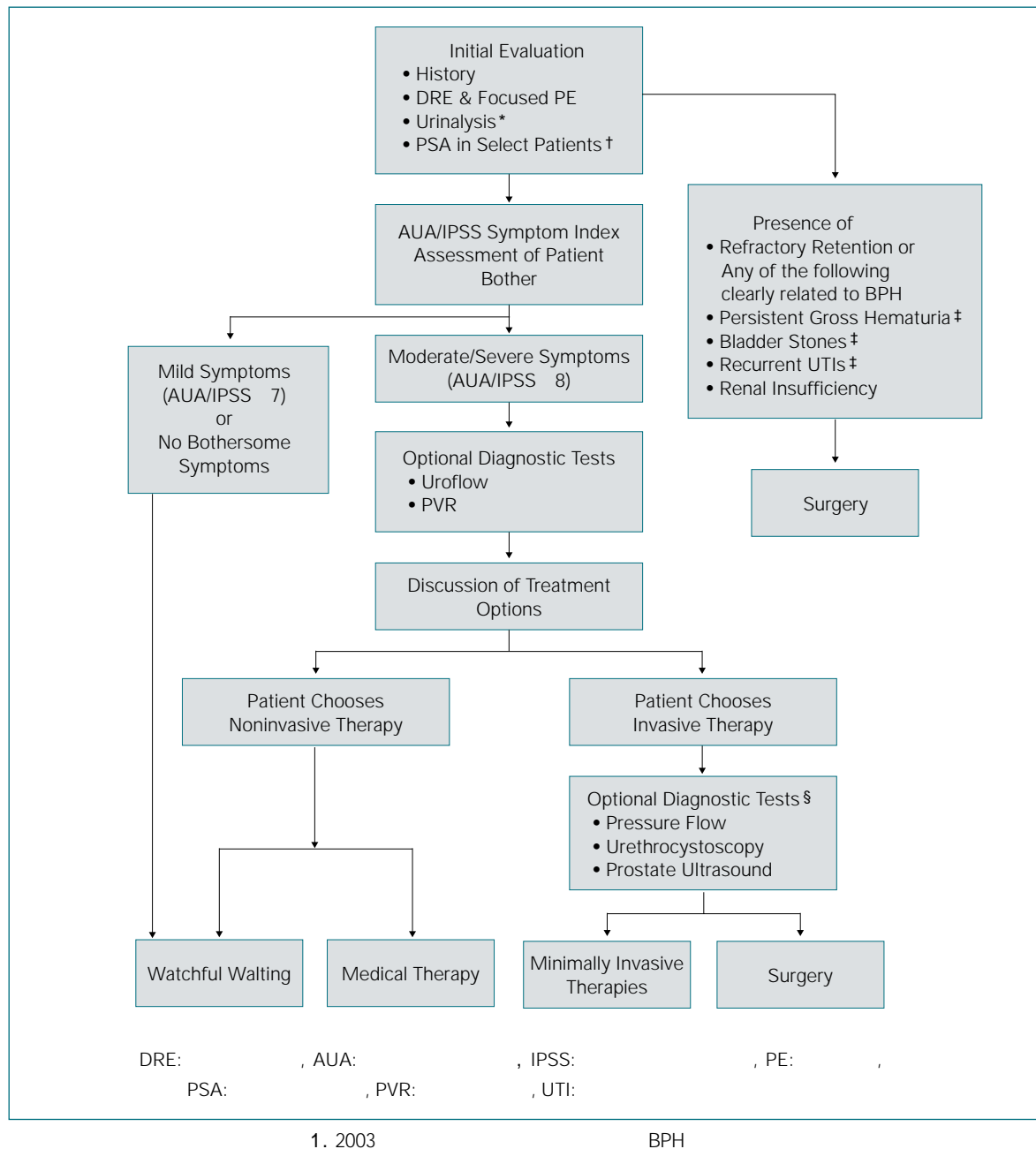
With the increasing life expectancy, health care providers are faced with a task to support the aging population to remain healthy and vital. Especially in Korea, the elderly population is increasing rapidly, and the urology, as a medical specialty, has become one of the biggest concerns. Four major, non - cancerous diseases adversely affecting male individuals over 50 years of age include erectile dysfunction (ED), benign prostatic hyperplasia (BPH), cardiovascular disease (CVD), and depression. BPH is the most common benign neoplasm in aging men and the pathologic process also contributes to the development of lower urinary tract symptoms. The management of BPH has undergone tremendous changes in recent years. The introduction of new oral therapeutic agents has revolutionized the diagnosis and therapeutic approaches to ED. An increasing number of men are currently seeking medical attention for their sexual and voiding concerns, often visiting private physicians. In this article I will specifically focus on the guidelines for clinical evaluation and treatment of BPH and ED to update physicians' knowledge to improve the quality of clinical services. These guidelines highlight the evolving field of minimally invasive medical therapy through a tailored approach to meet each individual's expectation including oral agents as the first-line therapy. In case the first - line therapy fails, a referral to a specialist is recommended.

Keywords : Guideline; Benign prostatic hyperplasia; Erectile dysfunction; Aging male

: 가 ; ; ;

20⁰⁵ 1
(1) 2000
65 가 337
7.3%

가 2022
14%
가
22
25
가 가
가 가
50
47가
(ED),
(BPH),
,



(2). ADAM(Androgen Decline in the Aging Male) QoL(quality of Life)

PubMed

6

,

4

2

Special Issue

가

1)

가 . ED 가 BPH 가 1

2)

BPH

(digital rectal examination, DRE)

BPH BPH

40 BPH 60 50%, 85 90% 가 3) 가

1997 (3) 10 BPH BPH 가 2003 BPH (1)(4).

BPH

1. 가(Initial Evaluation)

가 4) PSA Roehrborn(5) PSA가 BPH, 가 (screening) 10 가 , PSA 가 PSA 가

5)

1)

(Pressure - Flow Urodynamic Study)

가

CIS

6)

1994

가

(3), 10,000 BPH

1%

,

BPH

2)

가 2003

BPH

,

가

,

가

.

2. 가(Symptom Assessment)

3)

가

(International prostate symptom score,

IPSS)

. 0

5

7가

4)

가

7가

,

,

0~7

, 8~19

, 20~35

,

,

BPH

BPH

가

BPH

20

3. (Optional Diagnostic Test)

(tranurethral prostatectomy, TURP)

BPH

, 20

TURP가

가

,

가

BPH가

21

가

TURP가

가

.

,

- 가 . BPH
- 가
- 가 1/4 ~ 1/2 가
- 가 , , , , 가
- 1.
- IPSS 7 가 가
- 가 . BPH 가
- 가 .
- www.auanet.org clinical
- guideline main reports management of
- BPH(03) chapter 3 : results of treatment outcome
- analysis
- (6).
- 2.
- 2) 5
- BPH , 5 Finasteride, dutasteride가
- , 2 , 가 가
- phytotherapy . 가 , BPH
- 5
- 1)
- Alfuzosin, Doxazosin, Tamsulosin, Terazosin 가 IPSS 3
- 1 가 . , , ,
- 가
- 가 가 IPSS 4 ~ 6
- 가

3)

5

가 . PSA 가

doxazosin finasteride

4) Phytotherapy

가 ,
가 BPH
(7).

3.

1)

(Thermotherapy and Hyperthermia)

45 ~ 50 ℃

45 ℃ , 45

TUMT(trnasurethral microwave therapy)가

가

2) Tranurethral Needle Ablation

(TUNA; Medtronics; Minneapolis, Minnesota)

2 18

TURP

TUMT

3) Stent

가

polyurethane

stent

, , stent

2.

가 BPH

1) TURP

2) Tranurethral Evaporiztion of Prostate (TUEP)

TURP roller ball

TURP

TURP

3) Transurethral Incision of Prostate (TUIP)

30gm

1 ~ 2

가 . 가 , 가
가 6 .
Impotent 가

4) Laser Therapy

Nd:YAG holmium laser

가 . 가
가 .
가 TURP 1994
Massachusetts Male Aging Study
KTP laser 가 40 ~ 70
가 .
52% , 1,000 24

5)

TURP 80 ~ 100gm 10% 70 ~ 90%
가 가
가 가

6.

1) Transurethral Injection of Absolute Alcohol

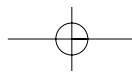
가 가 가 가
(chemo - ablation) (9).
가 15

2) HIFU (High Intensity Focused Ultrasound)

4 ~ 10MHz 가, 가
70 가 가 (10, 11).
가

(Erectile Dysfunction, ED)

가 가



2002 European 4) - -
Association of Urology
(12) 가 가 가

가

(13).

1.

1)

2.

, , ,
, , , ,
.
,
,
가
가
가

IIEF(International Index for Erectile Function) 1) (Nocturnal Penile Tume -
scence and Rigidity, NPTR)

3~4

가

2)

가 Rigiscan

, , ,
가 . 50 60%

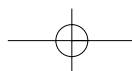
, 가 가 10

(14).

3)

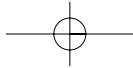
2)

PSA, , 10 가 30



2) Apomorphine Sublingual

1) Phosphodiesterase 5 Inhibitor (PDE 5 inhibitor)



Dopamine

3. 3

20

1)

1, 2 가

3)

가

band

가

2. 2

2000

1)

25

E1,

가

60~90%

가가

가

가

가

가

가

4

가

가

가 가

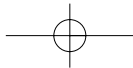
2)

E1

가

1

가



가

, 1

,

가

가

가

,



1.

(1960~2050) (<http://kosis.nso.go.kr/Magazine/PJ/PJ0102.xls>)

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