Postprostatectomy Urethral Stricture in Elderly Nigerians

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Abstract

Purpose:
We examined the outcome of urethral dilation in elderly patients of the Igbo ethnic group in Nigeria for stricture that supervened on radical prostatectomy.

Methods:
In this study, 10 men aged 65 years or older with proved urethral strictures underwent dilation. Their disease followed radical prostatectomy during the period from February, 1993 to December, 2005. The dilation was made under spinal (intrathecal) anesthesia.

Results:
In this patient cohort, we found that urethral dilation was undertaken without difficulty. Urine flow was stated to be good during follow up of up to 2 years.

Conclusion:
The predictive value of urethral dilation is such that it can be offered to elderly patients whose stricture resulted from prostatectomy.

Discussion

In the setting of an increasingly ageing population, surgical procedures proportionately increase as part of medical effort to deal with the health problems of the elderly. Fortunately, the elderly are known to cope easily with simple operations where there is no risk of bleeding or significant infection. Since treatment of infection in the elderly is a major concern, if the patients suffering from both urethral stricture and infected urine are treated with guidance from urine culture and sensitivity studies, and if the operative procedure has been carefully and properly planned, the result should be rewarding. Untreated, these patients lead a miserable life because of the agony associated with micturition, and the terrible smell of...
badly infected urine.

Incidentally, none of our patients had urethroplasty because of lack of facilities. Long ago, Badenoch\textsuperscript{7} actually advocated dilation as a good treatment option, as long as the patient can be kept comfortable on easy infrequent dilation. Recently, in this Journal\textsuperscript{8} Steenkamp, Heynes, and de Kock concluded that “There is no significant difference in efficacy between dilation and internal urethrotomy as initial treatment for strictures.” Certainly, urodynamic factors are important in relation to outcome of prostatectomy.\textsuperscript{9} Accordingly, experience gained from treating our own patients has confirmed that age is not an absolute contraindication to the above management. Indeed, elderly patients, who presented for local dilation treatment, are manifestly enjoying more years of quality life in our community.

References

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