

The UPSTREAM Study

December 2017



Seasons Greetings



Thank you for your continued support with the UPSTREAM study. We wish you good health and a promising year ahead.



A gentle reminder of what the New Year will bring...

At some point in 2018, you will be contacted by a research nurse, or member of the study team, to arrange your **FINAL** follow-up appointment. You will be invited to return to clinic to complete a urinary flow test, a couple of questionnaires about your urinary symptoms, and a bladder diary. This information will later be compared with the information you provided 18-months ago, to help us address the aims of the study (see page 2). *Remember! You can reclaim your travel and parking expenses for attending this study-specific appointment; ask your nurse for details.*

Alternatively, if you're unable to return to clinic we can arrange for you to complete just a few key questions via the telephone, post, or online (will take approximately 10 minutes). We appreciate how busy you are, but we believe this to be an important study for men's health, and any information you can provide is of great value.

“We are nearly there, but we need your help to finish”

Sadly the number of patients who have responded so far is low, which could seriously affect the importance and wider impact of the research (and your hard work so far).

Even if your symptoms have improved/resolved, or you have had surgery, or been discharged from clinical care, we need to hear from you so that we can answer the research questions properly.

We need to find out how you have been getting on since you first had your urinary symptoms assessed; did your symptoms get better, or do they still bother you?



The key aims of the UPSTREAM study are to:

A quick recap about UPSTREAM

UPSTREAM is a study of men who have urinary symptoms, such as difficulty passing urine, or frequent and urgent need to pass urine. When assessing men with these symptoms there are two main approaches; the most commonly used is a physical examination and a “flow rate” test. However, sometimes these tests don’t clearly reveal the cause of the symptoms, so some hospitals do an additional test called a “urodynamics” test. This can determine whether enlargement of the prostate is the cause of the problem or whether the symptoms are caused by problems with the bladder. **The aim of the UPSTREAM study is to compare the two approaches one with urodynamics and one without to see if using a urodynamic test improves outcomes.**

At the moment we don’t know whether tests including urodynamics are better than tests without urodynamics. So, **UPSTREAM is a research project which is working out what the results of treatment are for men who underwent tests with or without urodynamics.**



Compare the two approaches to treating men with urinary problems, one using a urodynamic test and one without to see if including a urodynamic test improves the symptoms men experience after 18 months.



Establish whether including a urodynamic test reduces the number of patients who have surgery.

How could this study help?

We would like to see if the additional information provided by the urodynamics assessment helps urologists make more accurate diagnosis of the cause of urinary problems and more accurate decisions about whether surgery is likely to be helpful for a man’s urinary symptoms.



Without your time and willingness UPSTREAM would not be possible - THANK YOU!

UPSTREAM, is to our knowledge, the first study to ask such questions. The results will inform other patients, clinicians and policy makers about whether urodynamic assessment should be more widely used for men with bothersome lower urinary tract symptoms who are seeking further treatment, including surgery. **We will soon be collating some results and can’t wait to share these with you! Sit tight...**

Contact details changed? Want to speak to us?

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