Box 1

LUTS: Key messages for primary care

- Benign prostatic hyperplasia (BPH) is the main cause of LUTS
- BPH causes growth in the transition zone of the prostate near the urethra, while prostate cancer occurs mainly in the outer peripheral zone
- Men who present with LUTS are usually concerned about prostate cancer risk
- Men who present with LUTS rarely have significant prostate cancer and usually have BPH or other benign causes
- Importantly, some men presenting with LUTS have locally advanced or metastatic prostate cancer which should be evaluated
- Digital rectal examination enables the size and consistency/firmness of the prostate to be assessed to guide treatment