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Obesity, Testosterone and Prostate Cancer

Pedro Eufrazio*, Belmiro Parada, Renato Patrao, Francisco Rolo, Alfredo Mota

Department Urology Renal Transplant, Hospitals of the University of Coimbra, Coimbra, Portugal

Objectives: To evaluate the association between PSA and obesity, obesity and tumour aggressiveness, and prostate cancer (PC) and total testosterone (TT).

Patients and Methods: We analyzed prospectively 108 patients with indication for prostatic biopsies. On the day of biopsy, body mass index (BMI) was calculated and blood was collected for TT.

Results: Mean values for age, BMI, total PSA and TT were, respectively: 65.8, 22.85, 35.94, and 3.68. 25.7% of the patients had overweight and 73.3% had a normal BMI. 52 patients (48.1%) were diagnosed with PC (tumour group). Considering specifically the association between obesity and PSA, we observed difference between the two groups, although it was not statistically significant, with a mean PSA for the BMI <25

group of 42.16 and for the BMI >25 group of 22.67 ng/ml. The association between obesity and tumour aggressiveness (Gleason >7) was statistically significant ($p = 0.045$), with a BMI of the high risk tumours of 22.28 kg/m² and a BMI of the low risk of 23.47 kg/m².

When analyzing the relationship between TT and PC, there were differences although not statistically significant ($p = 0.053$), with a mean TT of the tumour group of 3.99 ng/ml and of the non tumour group of 3.44 ng/ml.

Conclusions: In our study there were statistically significant differences between overweight and tumour aggressiveness. There were no statistically significant differences between overweight and PSA and between TT and PC.

* Corresponding author.

E-mail address: pedrocotovio26@hotmail.com (P. Eufrazio).