San Diego, CA, May 9, 2016 — For those individuals dedicated to, or ready to make, a direct, positive and beneficial change in their lives, a healthy lifestyle is often part of the prescription. As such, four new studies proving that diet, exercise and maintaining a healthy weight helps to improve your urologic health, will be presented during a special press conference at the 111th Annual Scientific Meeting of the American Urological Association (AUA) being held in the San Diego, CA Convention Center.

The press session will be moderated by Benjamin Davies, MD, AUA spokesperson and associate professor of urology at the University of Pittsburgh School of Medicine. Additionally, he is chief of Urology, as well as, the director of the Urologic Oncology Program at the Shadyside/Hillman Cancer Center in Pittsburgh, PA.

**Study Details**
Publication Number: MP04-09

**A Prospective Randomized Trial of Dietary Carbohydrate Restriction for Men Initiating Androgen Deprivation Therapy: Carbohydrate and Prostate Study I (CAPS1):** Eating carbohydrate-rich foods like whole grains, legumes, fruits and vegetables while cutting back on refined carbs found in processed foods and starches reduces the risk of androgen deprivation therapy (ADT) side-effects, such as diabetes, weight gain, increased fat mass and osteoporosis, according to researchers from University of California Los Angeles and Duke University. After conducting a six month multi-center randomized phase II trial comparing men who exercised and ate a low-carb diet vs. those who did not, results showed:

- Men who ate a low-carb diet, lost an average of 21 pounds vs. a gain of three pounds by those who did not
- Bone mineral content increased 0.1 percent in the low-carb group vs. an 11 percent increase in the control arm, and fat body mass declined 16.2 percent in the low-carb group compared to 11 percent increase in the control group
- PSA decline was 99 percent in both groups

Researchers concluded, a low-carbohydrate diet improved insulin sensitivity, resulted in significant weight and fat mass loss and prevented bone loss.

**Study Details**
Publication Number: MP73-11

**Modifiable Risk Factors to Reduce Renal Cell Carcinoma Cancer (RCC) Incidence in the PLCO Trial:** Existing evidence shows obesity and being overweight can increase the incidence of kidney cancer, prompting researchers from San Antonio, TX to analyze nearly 150,000 individuals enrolled in the Prostate, Lung, Colorectal and Ovarian Cancer Screening (PLCO) Trial, to identify modifiable risk factors for the disease. Researchers queried the PLCO database for the primary outcome of kidney cancer and specifically researched modifiable risk factors, such as smoking, obesity and hypertension.

Results showed:

- One half percent of the nearly 150,000 individuals analyzed were diagnosed with kidney cancer
- Men were significantly more at risk for kidney cancer than women
- Age, male gender, body mass index, diabetes, hypertension and smoking were all significant associations with kidney cancer

Researchers concluded, reducing obesity, high blood pressure and smoking are three risk factors that could aggressively be targeted to reduce RCC.

**Study Details**
Publication Number: MP74-03

**Eat Right and Wake Up Less? Exploring the Link Between Socioeconomic and Dietary Factors and Nocturia:** Nocturia is a significant and common healthcare problem that affects nearly 20 percent of adults in the United States aged 40-59 years. Researchers from Boston, MA sought to determine if dietary factors, as influenced by grocery spending, as well as socioeconomic status, put individuals at risk for nocturia via an inflammatory pathway. Using data from the 2007-2010 National Health and Nutrition Examination survey, researchers analyzed cross-sectional data on men and women over the age of 40 years. Dietary intake was converted to a probability of adequate nutrient intake (PANDiet).
Results showed:

- The combination of family income, diet quality and grocery spend were robust predictors of nocturia.
- Increased spending on healthier, more nutritious foods resulted in significantly decreased odds of nocturia, while increased spending on less nutritious foods resulted in a higher probability of nocturia.
- Access to cheaper, higher quality foods could positively impact preventive care levels.

**Study Details**

**Publication Number:** MP87-11

**Effects of Bariatric Surgery on Male Lower Urinary Tract Symptoms and Sexual Function:** Studies have shown a link between obesity, weight gain and certain urologic conditions. Utilizing pre- and post-operative questionnaires, including the International Prostate Symptoms Score (IPSS) and the International Index of Erectile Function (IIEF), researchers from Tel Aviv University in Tel Aviv, Israel sought to determine the beneficial effects of bariatric surgery on both male lower urinary tract symptoms (LUTS) and sexual function.

Results showed:

- Prior to surgery, 77 percent of men had some degree of LUTS while 74 percent reported being sexually active.
- Postoperative improvements were reported in male storage phase LUTS and erectile function.
- Post-surgery, the total IPSS score decreased significantly (5.5±4.4 versus 2.7±2.6; P<0.001), primarily due to an improvement in storage phase LUTS; no statistically significant changes of voiding phase LUTS were observed.
- Postoperative overall intercourse satisfaction (9.5±4.2 versus 11.5±3, P=0.01) and overall satisfaction (7.9±2.5 versus 8.9±1.3, P=0.02) were significantly improved as well.

Researchers were able to confirm the improvement in LUTS and sexual function after weight loss.

“Studies continue to prove a healthy lifestyle is linked to better urologic health, whether it’s related to the urinary tract or cancer,” said Dr. Davies. “It is important to keep patients informed of the positive effects a healthy lifestyle has on their urologic health, so they can make better decisions to stay healthy.”

**NOTE TO REPORTERS:** Experts are available to discuss this study outside normal briefing times. To arrange an interview with an expert, please contact the AUA Communications Office at 410-689-3932 or e-mail cfrey@AUAnet.org.

**About the American Urological Association:** The 111th Annual Meeting of the American Urological Association takes place May 6 - 10 at the San Diego Convention Center in San Diego, CA. Founded in 1902 and headquartered near Baltimore, Maryland, the American Urological Association is a leading advocate for the specialty of urology, and has more than 21,000 members throughout the world.

The AUA is a premier urologic association, providing invaluable support to the urologic community as it pursues its mission of fostering the highest standards of urologic care through education, research and the formulation of health policy.

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