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# Prostate Disease Severity Score: In the management of benign enlargement of prostate

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**Objective:** Developing a simple, user-friendly objective severity scoring system for symptomatic benign enlargement of prostate (BEP) and comparing with International Prostate Symptom Score (IPSS).

**Subjects and Methods:** In this prospective study, patients with BEP completed IPSS proforma. A grading system was developed for peak flow of urine ( $Q_{max}$ ), transitional zone index (TZI), detrusor wall thickness (DWT) and intravesical prostatic protrusion (IPP). Prostate Disease Severity Score (PDSS) was developed as sum of the variables. **Results:** Among 115 patients, obstructive voiding (70.43%) was predominant symptom followed by storage symptom (10.44%). Among predominant obstructive voiders, grades 1–3 TZI was common (97.53%), followed by IPP (64.19%) and DWT (62.96%) of varying grade. IPP, DWT, TZI and  $Q_{max}$  proved to be strong determinants of obstructive voiding ( $p < 0.05$ ). The components of PDSS correlated well with total score ( $p < 0.05$ ), positively correlated with IPP, DWT and TZI, and negatively with  $Q_{max}$  ( $p < 0.05$ ); correlation with IPSS was statistically significant ( $p < 0.05$ ). According to PDSS, 92.5% (37/40) patients with severe, 73.02% (46/63) with moderate, 8.33% (1/12)

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with mild degree of obstruction needed surgical intervention. Conclusion: The objective nature, comparable correlation with IPSS, potentiality to predict future need for surgical intervention, makes PDSS, a potential user-friendly assessment tool in management of BEP. Level of evidence: Not applicable © British Association of Urological Surgeons 2022.

#### Author keywords

Benign enlargement of prostate; bladder outlet obstruction; intravesical prostate protrusion; Prostate Disease Severity Score; uroflowmetry

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