Nature Reviews Urology **8**, 646 (2011); published online 8 November 2011;
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IN BRIEF

BPH

Tai chi can improve LUTS and QoL in elderly patients

Results of a small randomized controlled trial demonstrate improved outcomes for men with BPH (aged over 60 years) who practised tai chi, compared to those who received usual care. After 12 weeks, the tai chi group ($n=14$) showed significant improvement in both IPSS ($t=-3.06$; $P=0.005$) and total QoL score ($t=-2.36$; $P=0.03$). Testosterone level also increased significantly in the tai chi group compared to controls.

Original article Jung, S. *et al.* Tai chi for lower urinary tract symptoms and quality of life in elderly patients with benign prostatic hypertrophy: a randomized controlled trial. *Evid. Based Complement. Alternat. Med.* doi:10.1155/2012/624692

BPH

Common medications associated with LUTS

Antidepressants, antihistamines, bronchodilators, nonurinary anticholinergics, sympathomimetics, and diuretics are associated with LUTS, according to cross-sectional analysis of men aged 45–69 years. When the data on 63,579 men enrolled in the California Men's Health Study were adjusted for region, age, and ethnicity, bronchodilators and antidepressants had the strongest associations, with adjusted ORs of 1.22 and 1.39, respectively. Significant associations were found more often among the 14,215 men who did not have BPH.

Original article Wuerstle, M. C. *et al.* Contribution of common medications to lower urinary tract symptoms in men. *Arch. Intern. Med.* **171**, 1680–1682 (2011)

MALE FACTOR INFERTILITY

Long-term effects of childhood leukemia treatment

Comparative analysis of 51 long-term survivors of childhood acute lymphoblastic leukemia and 56 age-matched controls has revealed that treatment with 0–10 g/m² cyclophosphamide or cranial irradiation does not affect fertility or semen quality later in life. Notably, cyclophosphamide—but not cranial irradiation—was associated with lower testosterone levels (213 pmol/l versus 296 pmol/l in controls), and testicular size was found to predict nonazoospermic semen samples better than serum inhibin B level.

Original article Jahnukainen, K. *et al.* Semen quality and fertility in adult long-term survivors of childhood acute lymphoblastic leukemia. *Fertil. Steril.* **96**, 837–842 (2011)

BLADDER CANCER

Prognostic potential of ANXA10 expression

Expression of the annexin ANXA10 in bladder tumors has been investigated using tissue microarrays. Low expression of ANXA10 was associated with shorter progression-free survival in patients with stage Ta and T1 bladder cancer ($n=249$; $P<0.00001$), and with an unfavorable prognosis in patients with more-advanced disease ($n=97$; $P<0.00001$). Knockdown of ANXA10 RNA caused cultured bladder cancer cells to grow faster than controls.

Original article Munksgaard, P. P. *et al.* Low ANXA10 expression is associated with disease aggressiveness in bladder cancer. *Br. J. Cancer* **105**, 1379–1387 (2011)