

Treatment of the Lower Urinary Tract on BPH with Pharmacological Blocade of A_1 Adrenergic Receptors

I. Manoliadis, P. Xepoulias, A. Dionysopoulos, A. Labanari, D. Pitelis, K. Kalousis, S. Drapanioti and P. Gigis

Laboratory of Descriptive Anatomy Aristotle University of Thessaloniki, and Urological department of *Galinos* Clinic of Thessaloniki, Thessaloniki, Greece

AIM

We report our experience with α_1 blocker alfuzosine 5-7.5 mg daily for the treatment of symptomatic BPH.

MATERIAL

150 patients with symptomatic BPH were treated with alfuzosine 5-7 mg daily. Improvement of their symptoms was observed, starting from the first month of treatment.

RESULTS

After 6 months of treatment the laboratory tests and the clinical examination of the patients showed improvement of their condition.

Q_{max} increased by 3,3 ml/sec in 55 patients and the residual urine decreased on an average of 50 -120 ml. PSA and size of the prostate remained the same.

In 5 patients there was retrograde ejaculation and in 10 patients taking other antihypertensive medication there was mild hypotension.

CONCLUSION

Symptomatic BPH treated with α_1 blocker alfuzosine is a safe alternative treatment, when there is no absolute indication for surgical treatment.