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Treating Benign Hyperplasia (BPH) by Providing α_{1a-d} Blockers to very Old Patients

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AIM

The purpose of our paper is to study the effectiveness and the credibility of tamsulosin, used for the symptomatic treatment of benign prostatic hyperplasia.

METHODS

Our object of study is 100 men aged in average 82.6 years, presenting typical symptoms of obstruction of the lower urinary tract, caused by benign prostatic hyperplasia. These patients had absolute or relative counter-indication regarding the treatment of prostatectomy. None of the above patients had previously followed any therapy. The diagnosis of benign prostatic hyperplasia was based on clinical and laboratorial examinations, while the extend of obstruction was estimated according to the results of uroflowmetry and the ultrasonography control of urogenital tract. The above patients were submitted to treatment with tamsulosine 0.4 mg once daily and were checked systematically, every two months with clinical and laboratorial examinations, for a period of 8 months.

RESULTS

We found improvement of subjective symptoms in almost all of our patients from the first month of

therapy. 2 months after beginning of the treatment 19 patients showed significant improvement of urination. When the follow-up protocol was completed, eight months after beginning of therapy with tamsulosin, 46 patients reported significant improvement of initial symptoms. We also observed significant improvement of the uroflowmetry results in 38 patients and substantial reduction of the remain in bladder after urination in 28 patients. The treatment according to the previously mentioned doses was very well tolerated by all patients. We observe a change in the arterial pressure in only 3 patients, who were under anti-hypertensive treatment. In these 3 patients a change in the doses of antihypertensive drugs was considered necessary. Only 4 out of 35 patients who stated that they were sexually active complained after beginning of the treatment for retrogressive ejaculation.

CONCLUSIONS

In conclusion, the results of our study, in agreement with other reports, indicate that the symptomatic treatment of the benign prostatic hyperplasia with tamsulosin in very old patients can be a successful first choice curative approach, lacking any serious side-effects.