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Effect of silodosin and dutasteride combination treatment in Indian patients of benign prostate hyperplasia with an enlarged prostate and co-morbid condition

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Introduction: Benign prostate hyperplasia can occur up to about 50% of men by age 50 with an increase in incidence with age. The International Prostate Symptom Score (IPSS) questionnaire can help in the diagnosis and determine patient outcome. The addition of dutasteride, a 5-alpha-reductase inhibitor to silodosin can be beneficial in cases of benign prostate hyperplasia with an enlarged prostate especially in patients with co-morbid conditions like hypertension, obesity and dyslipidemia.

Objective: This study has evaluated the effectiveness and safety of combination treatment of silodosin and dutasteride in Indian patients with mild to severe benign prostatic hyperplasia symptoms.

Methods: The study was a non-interventional observational study, conducted in 1695 Indian male patients with benign prostatic symptoms between 45-75 years of age. All the patients received a combination of silodosin and dutasteride for benign prostatic hyperplasia with enlarged prostate. The study results were the treating physician's observations based on which descriptive analysis was carried out.

Results: Around 71% of the patients in this study were of more than 55 years of age. The study observed that at baseline, majority (57%) of patients had moderate prostatic hyperplasia whereas at the end of the study after receiving combination of silodosin and dutasteride, 70% of patients had mild prostatic hyperplasia. The combination of silodosin and dutasteride brought an overall improvement in symptoms and symptom in 79% patient and prevented aggravation of symptoms in 20% patients. The patients with co-morbid conditions in the study were 36% with hypertension, 15% with obesity, and 10% with dyslipidemia. Less than 2% patients reported adverse events with the treatment.

Conclusion: The combination of silodosin and dutasteride was found to be efficacious and safe by improving the symptoms in patients of benign prostate hyperplasia with enlarged prostate, especially in comorbid conditions like hypertension, obesity and dyslipidemia.

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