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Silodosin improves low urinary tract symptoms associated with benign prostatic hyperplasia

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Introduction & Objective: Benign prostatic hyperplasia (BPH) is a globally prevalent histological condition with approximately 80% to 90% men affected in their 70s and 80s. The present study was a pan-India survey conducted among 655 urologists for highlighting the role of silodosin, a highly selective $\alpha 1A$ -AR antagonist in the management of lower urinary tract symptoms (LUTS) associated with BPH.

Methods: The survey consisted of an objective, time based questionnaire to be completed by the urologists to obtain their opinion on the best drug choice for LUTS management. The response to silodosin on the relevance scale (scores of 1-5) was categorized as average-1, above average-2, good-3, very good-4 and excellent-5. The results were expressed as mean scores and percentage values.

Results: According to approximately 85% of urologists, silodosin has a good to excellent relevance in patients suffering from moderate to severe nocturia. Silodosin was also effective in the group of LUTS patients who were concomitantly treated with anti-hypertensive medications and PDE5 inhibitors as well as patients who were not satisfied with previous therapy of alpha blockers.

Conclusions: Silodosin might prove a potent agent in the improvement of the clinical symptoms related to LUTS with BPH, especially in elderly patients.

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