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## THE THERAPEUTIC EFFECTS OF SOLIFENACIN COMBINED WITH TAMSULOSIN FOR TREATMENT OF INCREASED NOCTURIA IN PATIENTS WITH BENIGN PROSTATE HYPERPLASIA

### Hypothesis / aims of study

To investigate the therapeutic effects of solifenacin combined with tamsulosin for treatment of increased nocturia in patients with benign prostate hyperplasia (BPH).

### Study design, materials and methods

Forty-nine patients with BPH were randomized into the observation group to receive solifenacin in combination with tamsulosin and the control group to receive placebo for 8 weeks. The urethral syndrome score (USS), Pittsburgh sleep quality index (PSQI), quality of life score (QOL), number of nocturia, and nocturnal polyuria index (NPi) were used to evaluate the therapeutic effects.

### Results

USS, PSQI and QOL scores decreased significantly after treatment in addition to reduction of the number of nocturia, with difference of statistical significance ( $P < 0.05$ ); NPi decreased with difference of no statistical significance ( $P > 0.05$ ).

### Interpretation of results

Solifenacin combined with tamsulosin is effective in improving the increased nocturia and the quality of sleep in patients with BPH.

### Concluding message

nocturia; sleep disorder; solifenacin; tamsulosin

### References

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### Disclosures

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