

THE EFFECTS OF SILODOSIN ON URINARY HESITANCY OF MEN WITH LOWER URINARY TRACT SYMPTOMS

Hypothesis / aims of study

We evaluated the effects of Silodosin on improvement of urinary hesitancy of patients with lower urinary tract symptoms(LUTS)

Study design, materials and methods

Between August 2014 and March 2015, 75 consecutive male subjects with more than 8 of total international prostate symptoms score (IPSS) and urinary hesitancy were prospectively enrolled. Individuals with a taking any operation, medications known to affect bladder function were excluded. All patients were treated with Silodosin 4mg once daily for initial 4 weeks. At 4 weeks of visit, Improved patients continued their medication. In case of non-improvement, medication was changed with Silodosin 4mg twice daily for additional 4weeks. After 8 weeks, final improvement was investigated. All had initially IPSS, prostate-specific antigen(PSA), transrectal ultrasound, uroflow-metry(UFR), postvoiding residual(PVR) and IPSS were checked at followed up visits. T2V was defined as time between ready to micturition and voiding.

Results

Of the 75 patients, 22 patients did not complete the study for various reasons. 53 patients completed the study. Mean age was: 56.5 years old, mean prostate volume was 35.6g, mean PSA level was 1.23 nl/ml. During 8 weeks of study, total IPSS score were improved from mean 19.3 to 16.3, urinary hesitancy time (T2V) was also improved from mean 25.0sec to 14.7sec during initial 4 week of study, however, during additional 4 weeks, T2V was not significant improved (from 14.7 to 13.7sec). Even though 5 (9.4%) patients took a Silodosin 4mg twice a day for additional 4 weeks, their urinary Sx was not significantly improved. Of the 22 patient did not complete the study, 14 complained of retrograde ejaculation, 6 were follow-up loss, 2 complained of generalized edema and myalgia each.

Interpretation of results

In patient with urinary hesitancy, we believed Silodosin 4mg once a daily was reasonable choice to improve urinary symptoms. However, relatively many patients discontinued medication for Adverse events such as retrograde ejaculation.

Concluding message

Silodosin 4mg once a daily was a effective treatment option to improve urinary hesitancy. To minimized drug induced adverse events and sustained effectiveness of medication, careful selection of patients or warning of retrograde ejaculation are important.

Disclosures

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