

EFFICACY OF LOW DOSE DESMOPRESSINE WITH ALFA BLOCKER IN TREATMENT OF NOCTURIA DUE TO BENIGN PROSTATIC HYPERPLASIA

Hypothesis / aims of study

Voiding Dysfunction is commonly associated with Benign Prostatic Hyperplasia (BPH).Some men with (BPH) find nocturia to be their most troublesome symptom, because it interferes with sleep.

Alfa blockers alone sometimes is not sufficient to relief nocturia ,although it improves (BPH) symptomes . The aim of this study is to address the efficacy and safety of low dose Desmopressine with Alfa Blocker in treatment of Nocturia due to BPH.

Study design, materials and methods

This study was conducted on 170 patients with symptoms of BPH and nocturia. Patients were divided randomly into 2 groups:Group A(95 patients) received Xatrale xl 10 mg daily plus Minirine Melt 60 mcg at bed time and Group B(75) patients received xatrale xl 10 mg daily alone.All patients were evaluated at 1st visit,and monhly for three months by history(including IPSS symtome score,Frequency volue chart FVC) physical examination,urine analysis, serum sodium ,pelviabdominal ultrasonography,and flowmetry.Exclusion criteria are cardiac patients and patients with hyponatremia or age above60 years.

Results

170 patients were included with no significant age difference 43+ G A and 45+5 G B. Both groups had significant improvement in IPSS score from the base line till 1,2 and 3 months follow up (P<0.001) with no significant inter group difference(p 0.22). Significant improvement of nocturia was in favor of Group A (p <0.001) ,.No significant change in serum sodium was found in both groups.

Interpretation of results

Both groups acheived significant improvement in IPSS symptome score but improvment of Nocturia was significantly higher in Goup A with (p <0.001) .

Concluding message

low dose Desmopressine with alfa blockers significantly improves nocturia than alfa blockers alone without significant morbidity

Disclosures

Funding: personal **Clinical Trial:** Yes **Public Registry:** No **RCT:** Yes **Subjects:** HUMAN **Ethics Committee:** Benha Faculty of Medicine Ethics Committee,Benha-Egypt **Helsinki:** Yes **Informed Consent:** Yes