

## EFFICACY AND SAFETY OF SILODOSIN IN THE TREATMENT OF LOWER URINARY TRACT SYMPTOM IN ELDERLY MEN TAKING ANTI-HYPERTENSIVE MEDICATIONS

### Hypothesis / aims of study

Both hypertension and lower urinary tract symptom (LUTS) are common conditions in the elderly population. This study investigated the efficacy and safety of silodosin in the treatment of LUTS in elderly men who were taking anti-hypertensive medications.

### Study design, materials and methods

This is an observational study which collected the medical records of patients who started silodosin medication for their LUTS between April 2015 and December 2015. Inclusion criteria were age  $\geq 65$  years, currently taking anti-hypertensive medication, and International Prostate Symptom Score (IPSS)  $\geq 8$ . Pre-treatment evaluation included IPSS, Male Sexual Health Questionnaire, systemic symptoms, blood pressures, and uroflowmetry. Post-treatment evaluation was performed 3 months after the initial administration of silodosin medication.

### Results

Mean age of the total 48 patients was  $70.7 \pm 5.2$  years. Thirty-two (66.7%) patients who continued silodosin single treatment showed a significant decrease in IPSS scores ( $4.2 \pm 1.1$  vs.  $3.0 \pm 1.6$ ,  $p=0.001$ ) and an increase in the maximum flow rate ( $10.7 \pm 6.0$  ml/sec vs.  $14.0 \pm 4.5$  ml/sec,  $p=0.001$ ). Blood pressures did not change, and none of the patients needed to adjust their anti-hypertensive medication. New development of orthostatic hypotension was observed in one (2.5%) patient. Among the six patients who had orthostatic hypotension before silodosin treatment, none of the patients showed symptom aggravation. Ejaculatory dysfunction that required discontinuation of silodosin medication developed in only one (2.5%) patient.

### Interpretation of results

This observational study showed that administration of silodosin in patients who were taking antihypertensive medications was effective and safe in real practice. The incidence rate of cardiovascular adverse events (orthostatic hypotension) that required discontinuation of silodosin medication in this patient group was only 2.5%.

### Concluding message

Silodosin is an effective and safe agent in elderly men who are taking anti-hypertensive medications. Silodosin has an advantage in the treatment of LUTS in this population, even if the patients have orthostatic hypotension before treatment.

### References

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### Disclosures

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