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THE QUALITY OF LIFE AND TREATMENT IN PATIENTS

WITH CHRONIC PROSTATITIS TREATED BY TUNA

Objective: We evaluated the effect of TUNA in chronic prostatitis by using an independent observer.

Methods: Chronic prostatitis (CP) patients were treated by TUNA (transurethral needle ablation) (n=22) or placebo therapy (urethroscopy) (n=6). After the study was closed and analysed, an independent investigator mailed a new questionnaire to the patients. The reply was anonymous and the questionnaire included questions about the results of the treatments and quality of life. The result of the questionnaire were compared to the answers given to the clinician.

Results. 17 TUNA and 6 placebo treated patients returned the questionnaire (82%). The patients treated by the TUNA fared better than the placebo group in general quality of life analysis. The symptoms decreased more in TUNA ($p < 0.0001$) than in the placebo group ($p = 0.02$), and the answers given were similar to the urologist and to the independent observer. TUNA significantly relieved the restriction of CP symptoms on different activities (social and sexual life, hobbies/holidays, and job), but not placebo treatment. All the placebo treated patients were sure that they had got the TUNA treatment, and 12% of TUNA patients were sure they had got the placebo treatment. 82% of TUNA and 17 % of placebo treated patients were satisfied to the treatment. The information given to the patients was adequate and the knowledge of the disease was increased during the study. At the start of the study 46 % of patients had been informed about the disease and at the time of the interview only 14 % of patients were unaware of the nature of their disease.

Conclusions: TUNA treatment is an effective and promising treatment form in the armament of CP therapies. The results can not be explained by the natural fluctuating history of the diseases itself, since TUNA is clearly better than placebo treatment in relieving the symptoms of CP and it improves the quality of life.