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NAFTOPIDIL IMPROVED THE CLINICAL SYMPTOMS, BOTH IRRITATIVE AND OBSTRUCTIVE SYMPTOMS, IN PATIENTS WITH BENIGN PROSTATIC HYPERPLASIA

Aims of Study

Irritative symptoms, including nocturia, as well as obstructive symptoms, are often complained in patients with benign prostatic hyperplasia (BPH) and mostly influence their quality of life. Naftopidil (-1[4-(2-methoxyphenyl) piperazinyl] -3-(1-naphthyloxy-2-ol) is a 1-blocker which shows high affinity for 1 adrenoceptor, especilly for subtypes A and D, and has been recently developed as an anti BPH agent with less complications of reducing blood pressure. In this study we have evaluated the efficacy of Naftopidil on BPH patients on the basis of clinical symptoms, divided into irritative and obstructive symptoms, QOL index and objective remarks, maximum flow rate and residual urine.

Methods

74 patients with BPH, aged 50 to 80(average 68.5), were enrolled for the administration of 50mg/day of naftopidil for 6 weeks. International Prostatic Symptom Score (IPSS) , irritative symptoms total score, comprising of 4 items of IPSS, and obstructive symptoms total score, comprising of 3 items of IPSS, were examined as subjective symptoms before and 2,4,6 weeks after the admintration of Naftopidil. QOL index was also examined. Maximum flow rate was measured by uroflowmetry and residual urine was measured as an objective remark.

Results

Clinical symptoms 6 Weeks after administration, IPSS total score(17.2points -11.1points, $p<0.001$), irritative symptoms total score(9.5points-6.6points, $p<0.001$), obstructive symptoms total score (7.7points-4.5points, $p<0.001$), and QOL index (4.7 points-3.6points, $p<0.001$) were significantly improved compared with the pre-administration score(t-test). Urodynamic parameters after 6 weeks, Qmax (8.8ml/sec-10.5ml/sec, $p<0.01$) and residual urine(50.8ml-34.4ml, $p<0.05$) were also significantly improved. Furthermore, all parameters of clinical symptoms showed improvement after 2 and 4 weeks. Seven(7.7%) adverse events, such as dizziness and stagger, were detected.

Conclusions

Naftopidil showed improvement of both subjective symptoms (IPSS, irritative symptoms score, obstructive symptoms score, QOL index) and objective remarks (Qmax, residual urine) in patients with BPH. These improvements were seen from 2 weeks after administration and carried on to 6 weeks.