

BPH Patients Treated with Phytotherapy: Results at 6 Months

Introduction and Objectives: Assess the impact of the treatment of urinary disorders of the lower urinary tract related to benign prostatic hypertrophy (BPH) using medical treatment under actual conditions of use

Materials and Methods: A pragmatic cohort (France, Italy & Portugal) of 420 patients treated medically, was followed-up for 6 months, using several validated questionnaires: IPSS, MSF4, and SF12.

Results: There were 267 patients treated with *Serenoa Repens* (hexanic extract) were evaluated, the mean age was 64.3 ± 8.6 years, and on average the diagnosis had been made 18 months previously. At 6 weeks, the IPSS was significantly improved in this group ($p < 0.0001$). This improvement in the IPSS score between 6 weeks (11.98 ± 5.11) and inclusion (14.58 ± 5.65) was 2.6 points. An improvement was also observed at 3 months. At 6 months, the p-value was also significant ($p < 0.0001$). The improvement in the IPSS score between 6 months (8.20 ± 4.12) and inclusion (14.65 ± 7.01) was 6.6 points. The physical dimension (50.97 ± 6.45 at inclusion) of the SF12 improved significantly ($p < 0.001$) from the 6th week (52.63 ± 5.20), an improvement that was confirmed at 6 months (53.21 ± 5.16) ($p < 0.001$) in comparison with inclusion (49.09 ± 6.58). The mental dimension (50.9 ± 7.04 at inclusion) of the SF12 improved significantly ($p < 0.001$) from the 6th week (52.16 ± 7.31), an improvement that was confirmed between 5.45 and 6 months (52.50 ± 6.69) ($p < 0.001$) in comparison with inclusion (47.09 ± 10.82). The MSF4 was unchanged.

Conclusion: We observed an improvement in the IPSS score from the 6th week; this statistical improvement was confirmed by a significant clinical improvement in the 6th month. This favourable progression is consistent with the improvement observed for both dimensions of the SF12.