

Efficacy of Combination Therapy with Tamsulosin and Tenoxicam in the Management of Lower Urinary Tract Symptoms Due to Benign Prostatic Hyperplasia (BPH)

Introduction and Objective: Patients with symptomatic BPH in our environment stay too long on the surgical waiting list. Their symptoms are mainly relieved by urethral catheterization with its attendant morbidity and poor quality of life, and undue pressure on the attending clinicians. Medical treatment for symptomatic BPH such as alpha blockers is just beginning to gain popularity in our setting. There is a growing interest that adding an anti-inflammatory agent would enhance the benefits of alpha blocker in the treatment of BPH. This study seeks to establish benefits, if any of such combination therapy in an entirely African population.

Materials and Methods: This was a prospective study of 53 patients with clinical diagnosis of BPH between January 2010 and December 2010. The patients in the study were randomized into two, tamsulosin and combination groups. Each patient had IPSS, QoL, Q_{max} , AFR, PV, PVR and VV measured before and after taking either tamsulosin 0.4mg daily alone or in combination with 20mg daily tenoxicam for the study period of four weeks. Paired sample t-test was used to compare means of variables between the two groups.

Results: The mean age of the 53 subjects was 64.57 ± 9.30 year (range 48-90). There was no significant difference in pre-treatment parameters between the two groups. Both groups showed significant improvement in post-treatment parameters ($p=0.001$). PVR is the only post-treatment parameter with statistically significant improvement in favour of combination therapy (95.65 ± 145.00 to 31.38 ± 23.72 ($t=2.215$, $p=0.036$)).

Conclusions: This study has demonstrated that there is benefit in combining tamsulosin with tenoxicam in the medical management of LUTS associated with BPH.