

## **Patients with BPH: Results at 6 Months with Phytotherapy vs Other Treatments**

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

**Materials and Methods:** A pragmatic cohort of 420 patients (France, Italy, and Portugal) treated medically, was followed up for 6 months, using 3 questionnaires: IPSS, MSF4 and SF12.

**Results:** There were 366 patients under medical treatment assessed. There were 267 patients treated with phytotherapy, versus 80 patients on "other treatments". At inclusion, the patients treated with *Serenoa Repens* (hexanic extract) versus "other treatments" were different on the following characteristics: Age ( $p=0.0047$ ), time since diagnosis ( $p=0.006$ ), country ( $p<0.0001$ ), IPSS score ( $p=0.0087$ ), physical dimension of the SF12 ( $p=0.0071$ ). The "change from baseline" for the scores of the IPSS and SF12 self-assessment questionnaires between the 2 treatment groups was comparable. A generalized linear model adjusted for age, time since diagnosis, country, IPSS score, and the physical dimension of the SF12 score at inclusion was used, making the 2 treatment groups comparable. We observed an improvement in the IPSS score from 6 weeks. We were not able to demonstrate a significant difference between the 2 treatment groups concerning the "change from baseline" of the IPSS score ( $p=0.7288$ ). The same applies to the analyses at 3 and 6 months where the p-values were 0.2047 and 0.0947 respectively. We did not observe any statistical difference in the scores for the 2 dimensions of the SF12 between the 2 treatment groups.

**Conclusion:** We observed an improvement in the IPSS and SF12 scores from 6 weeks. This improvement was not significantly different between the 2 treatment groups. Under actual conditions of use, the various medical treatments gave similar improvements.