

# Management of Benign Prostatic Hyperplasia in Diabetic Patients: Endocrinologists' Perspective

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## INTRODUCTION

- Benign prostatic hyperplasia (BPH) is one of the most common disease of ageing men<sup>1</sup>, it can be associated with bothersome lower urinary tract symptoms which affect the quality of life of patients.
- Medical management remains the first line of treatment for the majority of patients.<sup>2</sup>
- Objectives of this study was to determine treatment strategy in diabetic BPH patients among clinicians.

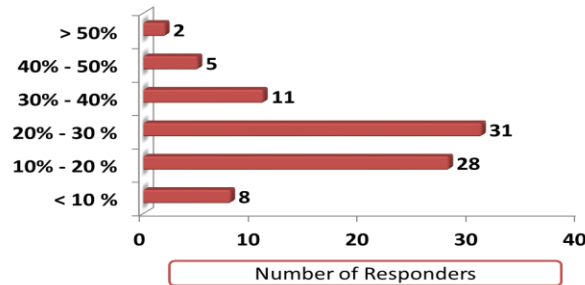
## METHODOLOGY

- Study was conducted using preformed questionnaires on management approach of Diabetic BPH patients.
- Questionnaires were administered to clinicians at national conference in India.

## RESULTS

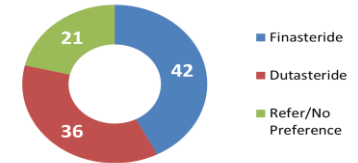
- Total of 88 clinicians completed the survey.
- Majority of clinicians (67%) reported that 10-30 % of their diabetic patients present with symptoms of BPH.
- Regarding the management 60% of clinicians manage their Diabetic BPH patients.

Proportion Diabetic patients presenting with symptoms of BPH



- Tamsulosin with the combination of Finasteride was preferred by majority of the clinicians as combination therapy for enlarged prostate.(>30cc)

Choice of 5-a reductase inhibitor



- Tamsulosin and Finasteride combination was the most preferred choice due to its safety ,efficacy and better insulin sensitivity.

## CONCLUSION

- Diabetic patients with enlarged prostate combination therapy of Tamsulosin with Finasterdie is preferred among clinicians.

## REFERENCES

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