

BPH (BENIGN PROSTATIC HYPERPLASIA) TREATMENT CONSIDERATIONS

Compiled by Charles (Chuck) Maack – Prostate Cancer Advocate/Mentor

IF TREATING FOR ENLARGED PROSTATE PRIOR TO TREATMENT FOR KNOWN PROSTATE CANCER (SCROLL FURTHER DOWN IF TREATING ONLY BPH):

If you reside in an area or willing to travel to an area that provides laser or microwave therapy, you might consider this therapy to relieve BPH. See:

<http://tinyurl.com/yzpuq6s>

Otherwise, I would suggest discussion with one's urologist administering at least a week of bicalutamide/Casodex one 50mg tablet daily (to stop a reaction known as "flare" that can occur when initially beginning an LHRH agonist) followed a week after beginning this antiandrogen with a 84-day dosage 22.5mg injection of the LHRH agonist Lupron and accompanied from day one by dutasteride/Avodart one 0.5mg capsule daily. This should rein in developing prostate cancer while at the same time reducing gland size. Near the end of the 84-days, gland volume could be assessed to determine if the androgen deprivation therapy should continue for further gland reduction. During this time one should be safe from cancer growth concern because of the employment of these medications.

Results of the pre-planned, 2-year interim analysis of the CombAT trial showed that the combination of dutasteride/Avodart and tamsulosin/Flomax was superior to either drug as monotherapy in improving BPH-related symptoms, peak urinary flow and BPH-related health status. So, tamsulosin 0.2mg daily could also be discussed as being in the above medication mix. **PLEASE TAKE NOTE: If treating ONLY BPH, this combination of dutasteride/Avodart and tamsulosin/Flomax has been found to reduce BPH by up to 25%.** A further explanation if treating only BPH.

Alpha Blockers

Most of the alpha blockers can be used to treat high blood pressure as well as BPH. Unlike other drugs for high blood pressure that affect mostly the heart, the blood vessels around the heart, and the kidneys, alpha blockers work more on "peripheral" arteries and veins--those in the arms and legs. The alpha receptors that these medications block are also found in the prostate gland. Blocking these receptors on the prostate gland will reduce the size and progressive enlargement of

the prostate. Since many of the older men who suffer from hypertension also have prostate enlargement, taking alpha blockers can help with both problems.

Drugs in the class

[Alfuzosin \(UroXatral\)](#)

[Doxazosin \(Cardura\)](#)

[Prazosin \(Minipress\)](#)

[Tamsulosin \(Flomax\)](#)

[Terazosin \(Hytrin\)](#)

5-ALPHA REDUCTASE INHIBITORS:

Dutasteride

Active Ingredients: Dutasteride

Representative Names: Avodart

What are dutasteride capsules?

DUTASTERIDE (Avodart™) can reduce the size of the prostate gland in men with benign prostatic hyperplasia (BPH). The prostate is a part of the male reproductive system that produces a milky fluid for sperm. Over the age of 50 most men develop an enlarged prostate. As the prostate gets bigger it can restrict the flow of urine. Dutasteride can help to reduce symptoms caused by BPH such as a weak or interrupted urine flow; a feeling that the bladder is not completely empty; a need to pass urine more often, especially at night; an urgent feeling that you must pass urine right away; a delay or hesitation when you start to urinate. Dutasteride also reduces the risk of the need for BPH-related surgery. While some men have fewer problems and symptoms after 3 months of treatment, at least 6 months is usually necessary to see if dutasteride will work for you. Dutasteride is not for use in women. Generic dutasteride capsules are not yet available.

What should my health care professional know before I take dutasteride?

They need to know if you have any of these conditions:

- if you are female (dutasteride is not for use in women)
- liver disease

- prostate cancer
- an unusual or allergic reaction to dutasteride, finasteride (Proscar®, Propecia®), other medicines, foods, dyes, or preservatives

How should I take this medicine?

Take dutasteride capsules by mouth. Follow the directions on the prescription label. Swallow the capsules whole with a drink of water. You can take this medicine with or without food. Take your doses at regular intervals. Do not take your medicine more often than directed.

Contact your pediatrician or health care professional regarding the use of this medicine in children. Special care may be needed.

What if I miss a dose?

If you miss a dose, you can take it later that day. If you do not remember until the next day, take only that day's dose. Do not take double or extra doses. Try taking the dose at the same time every day to help you remember to take your dose.

What drug(s) may interact with dutasteride?

- amiodarone
- cimetidine
- clarithromycin, erythromycin, or troleandomycin
- diltiazem, nicardipine, or verapamil
- isoniazid
- male hormones (example: testosterone)
- quinine
- saw palmetto
- some antidepressants (examples: fluvoxamine, fluoxetine, nefazodone)
- some antifungal medicines (examples: ketoconazole, itraconazole, voriconazole)
- some medicines for HIV infection (examples: delavirdine, efavirenz, indinavir, ritonavir, saquinavir)
- soy isoflavones supplements
- zafirlukast

Tell your prescriber or health care professional about all other medicines you are taking, including non-prescription medicines. Also tell your prescriber or health care professional if you are a frequent user of drinks with caffeine or alcohol, if you smoke, or if you use illegal drugs. These may affect the way your medicine works. Check with your health care professional before stopping or starting any of your medicines.

What side effects may I notice from taking dutasteride?

Side effects that usually do not require medical attention (report to your prescriber or health care professional if they continue or are bothersome):

- breast enlargement or tenderness
- sexual difficulties (less sexual desire or ability to get an erection)
- small amount of semen released during sex

What should I watch for while taking dutasteride?

Do not donate blood until at least 6 months after your final dose of dutasteride. This will prevent giving dutasteride to a pregnant female through a blood transfusion.

Contact your prescriber or health care professional if there is no improvement in your symptoms. You may need to take dutasteride for 6 to 12 months to get the best results.

Dutasteride is not for use in females. Females who are pregnant or may get pregnant must not handle dutasteride capsules. If a woman who is pregnant gets enough dutasteride into her body after swallowing it or through her skin after handling it, the medication could harm the unborn baby, particularly if the baby is male. If a pregnant woman comes into contact with dutasteride capsules she should check with her health care professional.

Dutasteride may interfere with PSA laboratory tests for prostate cancer. If you are scheduled to have a lab test for prostate cancer, tell your prescriber or health care professional that you are taking dutasteride.

OF INTEREST:

http://www.guideline.gov/summary/summary.aspx?doc_id=3740&nbr=2966

Or try: <http://tinyurl.com/awr8pz>

Investigational new treatments to relieve symptoms of enlarged prostate, BPH, include aspirin, Viagra, Botox, and a number of promising new drugs.

Current medical treatment for benign prostatic hyperplasia (BPH, or an enlarged prostate) relies on alpha-1-adrenergic blockers (alpha-blockers), which relax muscles in the prostate, or 5-alpha-reductase inhibitors, which lower androgen levels within the prostate. ...

The entire article may be viewed at

http://www.johnshopkinshealthalerts.com/reports/prostate_disorders/1683-1.html

or try: <http://tinyurl.com/decm4n>

Results of the pre-planned, 2-year interim analysis of the CombAT trial showed that the combination of dutasteride and tamsulosin was superior to either drug as monotherapy in improving BPH-related symptoms, peak urinary flow and BPH-related health status.

http://www.urotoday.com/browse_categories/prostate_cancer/dutasteride_a_review_of_its_use_in_the_management_of_prostate_disorders_abstract.html

OR TRY: <http://tinyurl.com/2cmt2c>

Prostate Massage is also a treatment for BPH, but it is important that the physician has known expertise in this treatment procedure.