

Management of Benign Prostatic Hyperplasia in Diabetic Patients: Endocrinologist Perspective



Abstract

Statement of the Problem: Benign prostatic hyperplasia is a common problem in aging males. As studies suggest that at the age of 40, 5 to 10% of men have prostate enlargement whereas at 80 years, prevalence is as high as 80%. However prostate size directly correlates with severity of symptoms like patients with huge palpable prostate may be asymptomatic whereas those with small prostate may have severe symptoms. However, there are not many studies done in diabetic BPH patients. The purpose of this study is to determine treatment strategy in diabetic BPH patients among clinicians. Methodology & Theoretical Orientation: Study was conducted using preformed questionnaires regarding management approach of Diabetic BPH patients in day to day practice. Questionnaires were administered to clinicians (Diabetologist, Endocrinologist, Physicians) at two different national conferences in India.

Findings: Total of 88 clinicians across India completed the survey. 35 % of clinicians reported prevalence of Diabetic BPH patient 20-30 % in their practice. More than 60% of clinicians manage these patients by themselves instead of referring them to urologist. More than half of the clinicians suggest ultrasound to check size of the prostate in all patients. 42% of clinicians preferred prescribing Tamsulosin with Finasteride due to its safety & efficacy in diabetic BPH patients.

Conclusion & Significance: Diabetic patients with enlarged prostate having Benign prostatic hyperplasia combination therapy of alpha blocker & 5 reductase inhibitor is preferred among clinicians.

Publications

Publication I Amlodipine drug therapeutic failure: a rare case report. International Journal Of Basic And Clinical Pharmacology DOI: <http://dx.doi.org/10.18203/2319-2003.ijbcp20175700>.

Publication II Assessment of quality of life in Indian patients with vitiligo, an observational study. International Journal Of Basic And Clinical Pharmacology. DOI: <http://dx.doi.org/10.18203/2319 2003.ijbcp20174780>.

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Biography

Kandarp Thakkar has expertise in evaluation and passion in improving the health and wellbeing. He has done his doctor of medicine (MD) in Pharmacology from Ahmedabad, India. He has been associated with Intas Pharmaceuticals with more than a year as Medical Advisor



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