

Conference Series LLC Joint International Event on  
**7<sup>th</sup> Pharmacovigilance &  
Pharmaceutical Industry**

August 22-24, 2016 Vienna, Austria

**Pharmacological evaluation of  $\alpha$ -1-adrenolytics in patients diagnosed with benign prostatic hyperplasia**

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**Background:**  $\alpha$ -1-adrenolytics contribute to decreasing urinary symptoms by improving objective parameters, increasing maximum urine flow rate and decreasing urine retention after miction. The selective  $\alpha$  1-AR blockers relieve obstruction by relaxing the smooth muscle in the prostate and bladder neck. The most common drugs available from this class are doxazosin, tamsulosin, alfuzosin and terazosin. The aim of this study was to evaluate the mechanism of action of  $\alpha$ -1-adrenolytics in combination therapy with finasteride in patients diagnosed with BPH.

**Material & Methods:** The clinical trial was conducted in 2 stages: Stage I from October 2008 to November 2009 and Stage II from November 2009 to November 2010. A total of 10, 066 patients, n1=4315 and n2=5751, respectively for each stage were enrolled in 50 urological centers in Poland participating in the clinical trial.

**Results:** The analyzed group, in which the combination drug therapy was prescribed on the second visit, included 6408/10,066 (63.05%) patients. On the third visit following the administration of an  $\alpha$ -1-adrenolytic, attenuation of BPH symptoms were observed in 3882/6 408 (60.58%) patients.

**Conclusions:**  $\alpha$ -1-adrenolytics showed high efficiency in decreasing dysuric discomforts, improving objective parameters, increasing maximum flow rate and decreasing residual urine after miction.

**Biography**

Tomasz Ząbkowski has obtained a Doctor's Diploma in Medicine from Faculty of Medicine, Military Medical University, Lodz in 1991, a Diploma of first grade with specialization in Surgery from Military Medical University, Warsaw in 1994, a Diploma of Doctor of Philosophy in Medicine in 1995 and a Diploma of second grade with specialization in Urology in 1997. He is the Adjunct Professor in Urology Department, Military Institute of Medicine, Warsaw. He has published more than 102 papers in Polish journals and 14 papers in reputed journals and has been serving as an Editorial Board Member of *Pharmacist's Journal* in Warsaw. He is a permanent Reviewer of international scientific journal *American Journal of Case Reports* and he reviewed scientific works for international scientific journals, such as *Urology Journal* of the Urology and Nephrology Research Center and *Medical Science Monitor*.

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