

EFFICACY OF ALFUZOSIN 10MG OD IN MEN WITH LUTS, BPH AND PROSTATITIS-LIKE SYMPTOMS

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INTRODUCTION AND OBJECTIVE: Painful ejaculation is one of the most prevalent, differentiating and bothersome symptoms in men with chronic prostatitis/chronic pelvic pain syndrome (CP/CPSS). We sought to determine the efficacy and safety of alfuzosin 10mg OD, a clinically uroselective α_1 -blocker in men with lower urinary tract symptoms (LUTS) and this prostatitis-like symptom compared with those with (LUTS) only.

METHODS: 4857 sexually active men with LUTS (mean age: 62.8±8.2 years) from 6 regions (Europe, Asia, Africa, Canada, Middle-East, Latin America), enrolled in a 6-month study with alfuzosin 10mg OD, had an evaluable answer to the DAN-PSSsex question related to pain/discomfort on ejaculation at baseline. IPSS, bother score and DAN-PSSsex were assessed at baseline, 3 and 6 months. Beside painful ejaculation, the DAN-PSSsex also evaluated the stiffness of erection and the amount of ejaculate. For men experiencing a given sexual symptom, a weighted score (rated 0 to 9 by increasing severity) was calculated by multiplying the symptom severity (0-3) by the bother severity (0-3). Efficacy was analysed at end-point in the intent to treat population.

RESULTS: Of the 4857 men analysed, 997 (20.5%) had pain/discomfort on ejaculation and 889/997 (89.2%) considered it was a problem. At inclusion, men with painful ejaculation showed a higher LUTS and bother severity. Erectile dysfunction (ED) and reduced ejaculation were reported by 74.5% and 71.9% of men with painful ejaculation compared with 59.6% and 57.4% of men without pain, respectively. ED and reduced ejaculation were considered a problem by 91.6% and 80.8% of men with painful ejaculation compared with 78.5% and 57.6% of men without pain, respectively. Under alfuzosin treatment, men with painful ejaculation had a greater improvement in LUTS (-8.3 vs -6.7; $p<0.001$), bother (-1.9 vs -1.4; $p<0.001$) and sexual dysfunction (-0.8 vs -0.3; $p<0.001$) compared to men without pain.

CONCLUSIONS: This 6-month open-label study comparing men with LUTS and ejaculatory pain to men with LUTS and no pain suggests that alfuzosin 10mg OD significantly improves LUTS, bother and sexual function in these two groups of patients. These findings have implications for men with BPH, LUTS and prostatitis, but placebo-controlled studies are needed to confirm the beneficial effect of alfuzosin in CP/CPSS.

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