

[gw22-e0715]

EFFICACY OF TERAZOSIN THERAPY FOR MILD HYPERTENSION PATIENTS WITH LOWER URINARY TRACT SYMPTOMS

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10.1136/heartjnl-2011-300867.722

Introduction Hypertension and lower urinary tract symptoms (LUTS) due to benign prostatic hyperplasia (BPH) are often coexist in elderly men. Men with bothersome LUTS present with various other conditions, including hypertension, heart disease and the metabolic syndrome. Severe LUTS are likely to constitute a risk factor for the development of hypertension. α (1)-blockers initially introduced for the management of hypertension and have become a standard medical therapy for LUTS. This study was conducted to describe the effect of 2 mg terazosin on LUTS in patients with concomitant mild hypertension.

Objectives To investigate the therapeutic efficacy of terazosin for mild hypertension patients with LUTS.

Methods A total of 60 patients with stage 1 hypertension with LUTS (International Prostate Symptom Score-IPSS >7) at the time of first examination were enrolled in this trial. They were assessed based on IPSS and IPSS-quality of life for LUTS and measurement of blood pressure (BP) for stage 1 hypertension after excluding those with normotensive and stage 2–3 hypertension. They were treated with 2 mg of terazosin once daily for 12 weeks. Changes in blood pressure and IPSS were evaluated before and after 12 weeks of the medication of terazosin.

Results After 12 weeks of treatment, terazosin demonstrated efficacy in lowering the score for IPSS and relieving LUTS. Of them, systolic and diastolic blood pressure of 51 patients (81.6%) decreased to normal. No orthostatic hypotension and other blood pressure-related adverse effects occurred in all patients.

Conclusion Terazosin therapy appears to be efficacious in relieving LUTS and decreasing blood pressure for mild hypertension patients with LUTS secondary to BPH.