

Comparison of Urinary Symptoms in Patients with Benign Prostatic Hyperplasia after Prostatectomy for Prostates weighted more and less than 50 Grams

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Introduction

Nowadays prostatic hyperplasia is the most common benign neoplasm in aging male [1]. Different treatment options like medical and surgical interventions are available. But the suitable technique according prostate weight is not recognized. The main purpose of this study was to compare urinary symptoms after open prostatectomy in the benign prostatic hyperplasia patients with prostatic weight more and less than 50 grams. In this cross sectional study, in-patients with benign prostatic hyperplasia that had been referred to the Urology department of Moradi hospital (Rafsanjan, Iran), has been studied with simple non randomized method in 3 months. Two hundred patients were selected. Exclusion criteria was, CNS disease (e.g. spinal cord injuries and Parkinson) other prostate diseases such as, prostate cancer, chronic prostate or bladder diseases such as bladder stones, bladder cancer, patients with urinary tract infection, and diabetic patients. The patients according to their prostate weight divided into two groups. Group A, less than 50 grams and group B, more than 50 grams. Urinary symptoms recorded in a questionnaire and scored according International Prostate Symptom Score (IPSS). From 200 cases, 40 patients left the study and 160 included (group A 89 and group B 71). The mean scores of urinary symptoms after prostatectomy in group A (5.85 ± 6.59) was lesser than group B (7.44 ± 7.7). The frequency of six symptoms (nocturia, frequency, urgency, hesitancy, intermittency, weak urinary stream) in group B was lesser than group A, but

only hesitancy and weak urinary stream were significant. Recovery and post operative satisfaction was higher in group A but not significantly. During the recent century trans urethral resection prostatectomy (TURP) has been the standard method for treatment of BPH but there is no recommendation about the timing of surgical intervention based on prostate weight [2]. As the comparison of two groups showed no significant difference, it is possible to use open prostatectomy for patients with prostate weight lesser than 50 grams. Minimally invasive techniques could use to decrease the operative and postoperative complication [3]. More studies are suggested to compare these results.

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