

[Treatment of external RF hyperthermia combining with alpha 1- adrenergic receptor blocker for patients with prostatodynia and chronic non-bacterial prostatitis]

[Article in Chinese]

[Wang J, Li J, Lu R, Wang JM.](#)

Department of Urology, People's First Hospital of Yuxi, Yuxi, Yunnan 653100, China.

OBJECTIVES:

To evaluate a new effective treatment for prostatodynia (PD) and chronic non-bacterial prostatitis (CNP).

METHODS:

One hundred and thirty-six patients suffered from PD or CNP were divided randomly into experiment group (n = 76), which were treated with external RF hyperthermia (ERFH) combining with alpha 1-adrenergic receptor blocker Terazosin for 12 weeks, and control group (n = 60), which were only treated with ERFH. Symptoms scores, urodynamic indexes and expressed prostate secretion were recorded pre- and post-treatments.

RESULTS:

MFR and AFR were significantly improved and symptoms scores significantly decreased in both groups ($P < 0.05$). The efficacy was better in experiment group than that in control group. The combination treatment also led to a significantly decrease in MUP and MUCP ($P < 0.05$). Additionally, the leucocytes in expressed prostate secretion were also reduced in experiment group ($P < 0.05$).

CONCLUSIONS:

Treatment of ERFH combining with alpha 1-adrenergic receptor blocker for patients with PD or CNP was effective and had little side- effect, while the future curative effect should be observed furtherly.

Publication Types:

- Clinical Trial
- Randomized Controlled Trial