

Clinical Trial Confirms Efficacy of Prostanol®

The effectiveness of the daily use of three capsules Prostanol was confirmed in an approbation trial by 20 patients (*males aged 40 – 80*) during a period of 8 weeks.

All patients completed the study. The results of the study were presented by Assistant Professor Doc. A. Radavicius and Assistant A. Matjošaitis of the Kaunas University of Medicine, at the Phytotherapy Conference on September 8, 2001 Birštonas Lithuania.

Before the therapy and examination, prostate-volume and remaining urine quantity were measured by Ultra Sound Equipment and registered in a special questionnaire, and of all patients the International Questionnaire for Prostate Symptom Scale was filled out.

The patients used to come for examination every two weeks for a period of 8 weeks. During visits, the changes of subjective and objective data within the treatment and examination were assessed.

Presentation of Results

In eight weeks of treatment, none of 20 patients taking Prostanol® has had any complaints about their health condition. There were no allergic reactions. In detail 5 aspects of the study are discussed:

- 1 Volume of remaining urine.
 - 2 Prostate volume
 - 3 Frequency nocturia
 - 4 International Prostate Symptom Scale Scores
 - 5 Quality of life
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Figure 1.

Change in volume of remaining urine undergoing Prostanol® treatment (n=20).

Figure 1 shows that the average volume of remaining urine has decreased over 50% in the first four weeks of treatment. A significant decrease in the average volume of remaining urine was reached after 8 weeks use of Prostanol®.

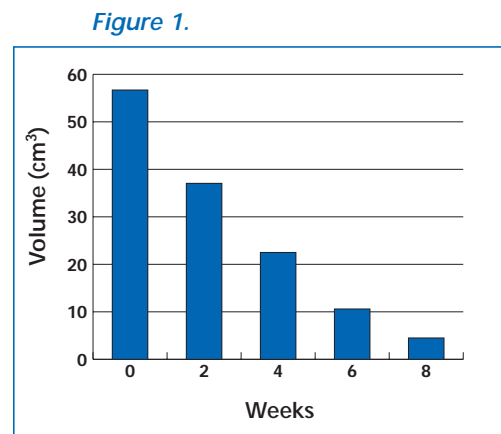


Figure 2.

Fluctuations in prostate volume as a result of Prostanol® treatment (n=20) measured with ultra sound equipment.

Figure 2 shows a significant decrease in prostate-volume after eight weeks of Prostanol® use.

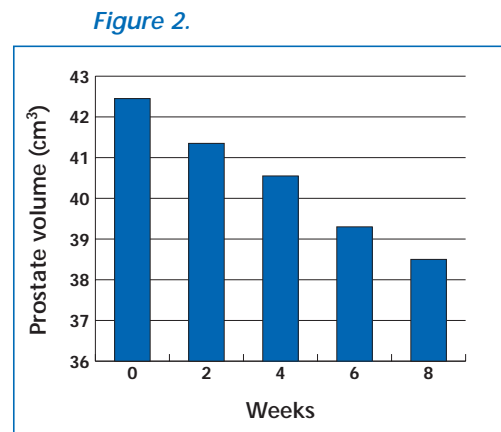


Figure 3.

Change in the number of nocturia (n=20)

Figure 3 shows the average nocturia frequency to be 3.05 times before the treatment. After use of Prostanol® for 8 weeks, the average nocturia frequency has dropped to 1.1 time.

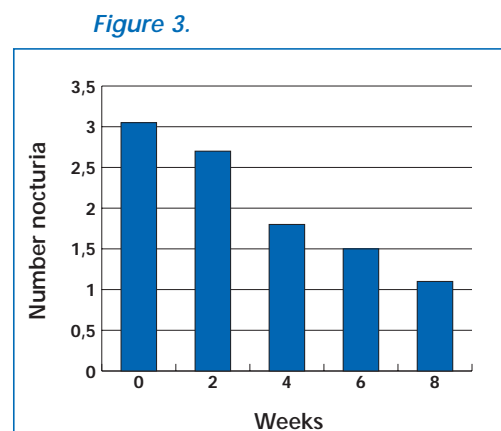


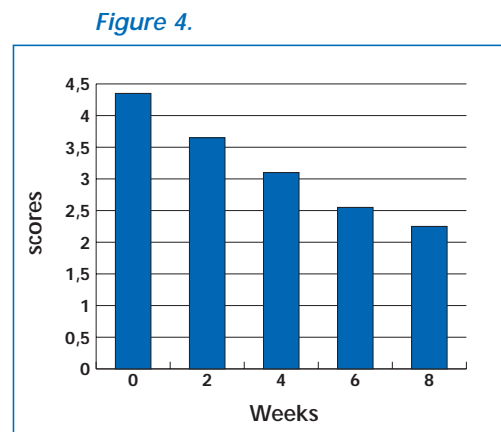
Table 1.
Changes in the mean of the International Prostate Symptom Scale scores.

Symptoms	Weeks				
	0	2	4	6	8
A feeling that after urination the bladder is not actually empty	2.6	2.3	1.8	1.6	1.35
A wish to urinate occurs more frequent then every 2 hours	2.75	2.4	2.05	1.5	1.35
Urine flow is often interrupted during urination	1.9	1.55	1.3	1.1	1.0
Some tension and effort are needed before urination	2.3	1.95	1.65	1.45	1.3
Urine flow is often weak	3.35	2.85	2.5	1.9	1.7
It is difficult to control a wish to urinate	2.55	2.1	1.7	1.35	1.15
Total Scores	15.45	13.15	11.0	8.9	7.85
<i>Interpretation:</i> 1 - 7 mild symptoms 8 - 19 moderate symptoms 20 - 35 severe symptoms					
Table 1 shows the Mean International Prostate Symptom Scale Score has dropped almost 7 points within 8 weeks of usage					

Figure 4.
Changes in evaluation of life quality (n=20)

Interpretation: Scale runs from 0 = happy, to 6 = terrible.

Figure 4 shows a significant improvement in the experienced quality of life, from "Unhappy" to "Satisfactory in general", before and after use of Prostanol for eight weeks.



Conclusions

1. Treatment with phyto-therapeutic product Prostanol® is possible in the 1st and 2nd stages of benign prostate hyperplasia when the volume of remaining urine does not exceed 100 ml.
2. When one capsule of Prostanol® is taken three times a day, subjective and objective symptoms of benign prostate hyperplasia are decreased in many patients, the quantity of remaining urine is reduced; cases of nocturia became more rarer.
3. In benign prostate hyperplasia treatment with phyto-therapeutic product Prostanol®, must be at least 8 weeks, the dosage - 1 capsule three times a day.