

Imai A., Hatakeyama S., Yoneyama T., Hashimoto Y., Koie T., Kyan A., Miki K., Kawaguchi T., Takahashi S., Takahashi N., Yagihashi Y., Ohyama C.

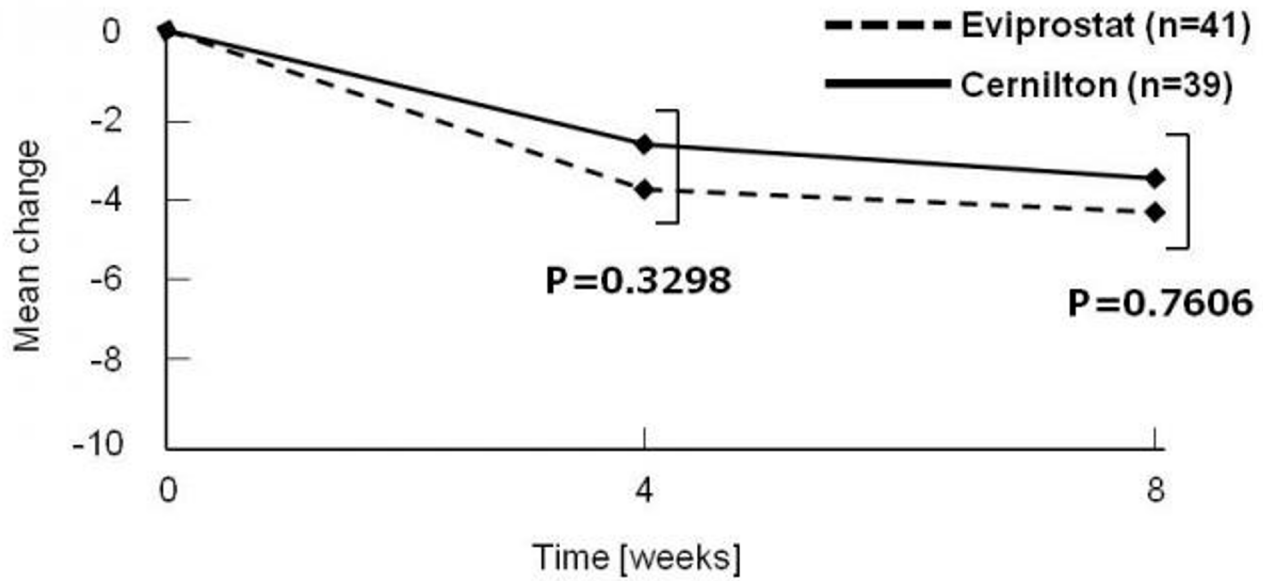
Hirosaki University, Dept. of Urology, Hirosaki-Shi, Japan

INTRODUCTION & OBJECTIVES: Previously reported results of a prospective, randomized placebo-controlled study showed that the pollen extract (Cernilton) significantly improved total symptoms, pain, and quality of life in patients with inflammatory prostatitis/chronic pelvic pain syndrome (CP/CPPS) without severe side effects (Wagenlehner FM et al, Eur Urol, 2009). A phytotherapeutic agent, Eviprostat, is reportedly effective in a rat model of nonbacterial prostatitis (Sugimoto M et al, Prostate, 2011). The aim of the present study was to compare the efficacy and safety of Eviprostat to that of the pollen extract in the management of CP/CPPS.

MATERIAL & METHODS: The patients with category III CP/CPPS were randomized to receive either oral capsules of Eviprostat (two capsules, q 8 h) or the pollen extract (two capsules, q 8 h) for 8 weeks. The primary endpoint of the study was symptomatic improvement in the NIH Chronic Prostatitis Symptom Index (NIH-CPSI). Participants were evaluated using the NIH-CPSI and the International Prostate Symptom Score (IPSS) at baseline and after 4 and 8 weeks.

RESULTS: In the intention-to-treat analysis, 100 men were randomly allocated to Eviprostat (n = 50) or the pollen extract (n = 50). Response (defined as a decrease in the NIH-CPSI total score by at least 25%) in the Eviprostat group and the pollen extract group was 88.2% and 78.1%, respectively. There was no significant difference in the total, pain, urinary, and quality of life (QOL) scores of the NIH-CPSI. between the two groups at 8 weeks. This was also the case with the total, voiding, and storage symptoms of the IPSS. There were no adverse events observed in any patients in this study.

I-PSS score (total)



CONCLUSIONS: Both the pollen extract and Eviprostat significantly reduced the symptoms of category III CP/CPPS without any adverse events. Eviprostat has an identical effect on category III CP/CPPS compared the pollen extract.