BENIGN PROSTATIC HYPERPLASIA: GO WITH THE FLOW!

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1. By the time men reach their nineties, approximately what percentage of men have BPH?
   a. 60%
   b. 70%
   c. 80%
   d. 90%

2. What is the active form of testosterone in the prostate?
   a. Estrogen
   b. DHT
   c. Androstenedione
   d. Cortisol

3. The _________ factor of BPH involves direct obstruction of urine flow from the bladder?
   a. Static
   b. Dynamic
   c. Physical
   d. Hormonal

4. According to the American Cancer Society’s recommendations, at what age should men at normal risk begin getting screened for prostate cancer?
   a. 45
   b. 50
   c. 55
   d. 60

5. What ages do the American Urological Association recommend against getting screened?
   a. < 30 and > 65
   b. < 40 and > 70
   c. < 45 and > 80
   d. < 50 and > 90

6. Which of the following is not a complication of BPH?
   a. Bladder stones
   b. Chronic renal failure
   c. Constipation
   d. Urinary tract infections

7. Based on the AUA-SI, a patient with a score of 19 would be classified as having which level of disease severity?
   a. Mild
   b. Moderate
   c. Severe

8. By which mechanism do diuretics cause or worsen BPH?
   a. Relax the detrusor muscle
   b. Increase urine production
   c. Increase the sphincter tone
   d. Decrease urine production

9. Which of the following findings from a digital rectal examination are not typical of a prostate of a patient with BPH?
   a. Soft
   b. Symmetrical
   c. Enlarged
   d. Asymmetrical
10. What is the PSA upper limit for a patient who is 60 years old?
   a. 2.5
   b. 3.5
   c. 4.5
   d. 5.5

11. When patients keep voiding diaries, they should record all of the following except:
   a. Number of times they void
   b. Symptoms they experience
   c. Amount they void
   d. Color of urine

12. Which of the following agents would first-dose syncope be a concern for?
   a. Uroxatral (alfuzosin)
   b. Flomax (tamsulosin)
   c. Avodart (dutasteride)
   d. Hytrin (terazosin)

13. A patient reports a score of 12 on the AUA with no symptoms of BPH, no enlargement of the prostate, and no elevated serum PSA levels, which of the following would be most appropriate initial therapy.
   a. Initiate Hytrin (terazosin) 20mg once daily at bedtime.
   b. Initiate OTC saw palmetto to reduce AUA-SI score.
   c. Recommend non-pharmacologic strategies and begin watchful waiting.
   d. Initiate Cialis (tadalafil) 10mg once daily

14. Which of the following is false regarding 5-alpha-reductase inhibitors?
   a. 5-alpha-reductase inhibitors should decrease PSA levels by 50% if the patient is adherent to the therapy within 6 to 12 months.
   b. Finasteride was shown to increase mortality compared to no therapy in the Prostate Cancer Prevention Trial 18 year follow-up.
   c. More sexual dysfunction is seen with 5-ARI therapy as compared to alpha blocker therapy.
   d. Females of childbearing age should use caution around 5-ARIs as they are category X and could result in genetic defects to a developing fetus.

15. A 75 yo patient complains of irritative symptoms at a follow-up visit for his BPH. Which agent would be most appropriate to add to his Flomax (tamsulosin) 0.4mg tablet to address his irritative symptoms?
   a. Ditropan (oxybutynin) 5mg tablet twice daily
   b. Cialis (tadalafil) 5mg tablet once daily
   c. Vesicare (solifenacin) 5mg tablet once daily
   d. Increase Flomax (tamsulosin) to 0.8mg tablet once daily

16. A patient is diagnosed with hypertension and moderate symptomatic benign prostatic hyperplasia with a prostate size of 45g, which of the following statements is most appropriate for treatment?
   a. Prescribe Cardura (doxazosin) for symptom relief of his BPH and to treat his hypertension.
   b. Prescribe Flomax (tamsulosin) and Proscar (finasteride) for symptom relief and for reduction in prostate size; prescribe a first-line approved agent to treat his hypertension separately.
   c. Prescribe Flomax (tamsulosin) for symptom relief of BPH and treatment of his hypertension; prescribe Proscar (finasteride) for reducing prostate size.
   d. Prescribe Proscar (finasteride) for symptom relief and reduction in BPH size; prescribe a first-line approved agent to treat his hypertension separately.
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