**SAND abstract No. 158 from the BEACH program 2009–10**

**Subject: Hypertension and benign prostatic hyperplasia**

**Organisation supporting this study:** Sanofi-Aventis Australia Pty Ltd

**Issues:** Prevalence of diagnosed hypertension, benign prostatic hyperplasia (BPH), and/or other prostate or urinary problems in male general practice patients aged 18 years and over; percentage of patients with at least one of the conditions who were currently taking prazosin; the indication for which prazosin was prescribed; medications currently taken for BPH and/or other prostate or urinary problems, and the health professional who initiated each of these medications (GP alone, specialist alone, GP and specialist, other).

**Sample:** 1,003 adult male respondents from 91 GPs; data collection period: 01/12/2009 – 18/01/2010.


**Summary of results**

The age distribution of respondents did not differ from that of all male patients aged 18 years and over at BEACH encounters, with 28.5% aged 18–45 years, 35.9% aged 45–64 years, and 35.7% aged 65 years and over.

Of the 1,003 respondents, 377 (37.6%) had diagnosed hypertension and 100 (10.0%) had diagnosed BPH. There were 58 (5.8%) patients who had other prostate/urinary conditions. A total of 439 (43.8%) patients had at least one of the conditions, among whom 288 had hypertension only, 58 had hypertension and BPH, and 35 had BPH only. There were 5 patients who had all three conditions.

Of the 439 patients with at least one of the conditions, 426 responded to the prazosin questions, and 6.1% \( (n=26) \) of them were using prazosin: 4.7% \( (n=17) \) of those with hypertension; 19.0% \( (n=19) \) of those with BPH; and 5.2% \( (n=3) \) of those with another prostate/urinary condition.

Of the 26 patients on prazosin, 12 were prescribed it for BPH only, 8 were prescribed it for hypertension but not BPH, and 6 were prescribed it for hypertension and BPH.

Of the 151 patients with BPH and/or other prostate/urinary conditions, 126 gave medication details: 38 (30.2%) were currently on medication and 88 (69.8%) were on no medications for these conditions. There were 41 medications listed for the 38 patients, with prazosin accounting for almost half (48.8%) of these, while tamsulosin made up one-quarter (24.4%).

Of the 100 patients with BPH, 85 provided medication details, with 27 patients taking 29 medications. Prazosin accounted for 62.1% of these medications, and tamsulosin 24.1%.

Of all medications taken for BPH and/or other prostate/urinary conditions, about one-third (36.8%) were initiated by a GP, and the same proportion was initiated by a specialist. About one-quarter (23.7%) were initiated by both a GP and a specialist.

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Hypertension and Benign prostatic hyperplasia

Please ask these questions for male patients aged 18 years and over. For female patients and males aged <18 years please leave the shaded section blank.

Please use the tick boxes to advise whether the male patient has been diagnosed with hypertension, Benign prostatic hyperplasia (BPH) and/or another prostate/urinary problem. If the patient does not have one of the listed conditions please tick the box labelled ‘none of the above’ and end questions here for this patient.

Prazosin use

Please use the tick boxes to advise whether the patient currently takes prazosin.

If ‘yes’ please indicate whether the prazosin is taken for the management of hypertension alone, BPH alone, both hypertension and BPH or for another indication.

Medications for BPH or other prostate/urinary problems

Please write the name, form and regimen (dose & frequency) of any medications currently taken for the management of BPH or other prostate/urinary problems.

Please include prescribed and over-the-counter medications.

If the patient is not taking any medication for the management of BPH or urinary problems please tick the box labelled ‘no medication’.

Initiation of medication

Please tick a box to indicate for each medication who made the decision to initiate the medication for this patient:

- GP alone
- Specialist alone
- GP in consultation with specialist
- Other

For male patients 18+ yrs:

Has this patient been diagnosed with:

- Hypertension
- Benign prostatic hyperplasia (BPH)
- Other prostate/urinary problems
- None of the above

End questions

For patients with BPH or other prostate/urinary problems:

Medication(s) currently taken for these problems:

- Hypertension
- BPH
- Hypertension and BPH
- Other indication

Decision to initiate this medication was made by:

- GP alone
- Specialist alone
- GP & specialist
- Other

No medication