

A male client **Cyrus Katz**, 71 years of age presented to clinic with complaints of straining to pass urine, weak stream, difficulty in emptying bladder, and dribbling after urination. This has been going on for the last 6 months. Mr. Katz is currently taking a multivitamin and fish oil with a past medical history of hypertension controlled by diet, exercise, and active lifestyle for the past 10 years and obstructive sleep apnea.

According to the CPG the recommended first-line treatment for Mr. Katz is an Alpha blocker such as Doxazosin at the 1 mg dose (Lerner et al., 2023). This medication is to be taken before bed. In this patient's case they used to suffer from hypertension and as mentioned the patient has been able to control it with diet and exercise. With doxazosin there is a blood pressure lowering affect and this should be monitored. Looking at the assessment of this patient it looks as though this medication can be tolerated (BP 152/95) but this should also be considered. Other things to consider before prescribing medication, the provider should order urinalysis to rule out urinary tract infections and diabetes as these things can also cause the symptoms the patient is describing (Lerner et al., 2023). It is also recommended to check prostate-specific antigen (PSA) levels as prostate cancer can present with likened symptoms to BPH (Lerner et al., 2023). All these tests were ordered in this scenario which came back negatively.

In my opinion, this patient's assessment other than having a smooth prostate was within defined limits and the patient is in otherwise good health. I would ask a few questions regarding his sexual activity and ask if he has had any issues with performance. I would also ask him to monitor his blood pressure and educate him on the side effects of this medication. Some of those side effects can include headache, swelling of hands, ankles and lower legs, shortness of breath, weight gain, and joint pain (MedlinePlus, 2024). I would also let him know that this medication can cause dizziness and make you drowsy and to sit at the bedside for a moment before rising after long periods of rest to prevent it (MedlinePlus, 2024). This medication should be taken at the same time every night and the tablets should not be crushed, split, or chewed because it is extended release and will not work properly (MedlinePlus, 2024). This medication can also be gradually increased in dosage if needed to control his BPH. I would like to ask if he has any concerns about taking this medication and if he has any questions regarding his new diagnosis. I would recommend a follow-up in 4 weeks in office and for him to call the office with any concerns that may arise before then.

Melissa

References

- Lerner, L.B., Barry, M.J., Das, A.D., Gandhi, M.C., Kaplan, S.A., Kohler, T.S., Martin, L., Parsons, K., Roehrborn, C.G., Stoffel, J.T., Welliver, C., McVary, K.T., Sandhu, J.S., Goueli, R., Stoffel, J.T., Bixler, B.R., Kirkby, E., Dahm, P., & Wilt, T.J. (2023). Management of lower urinary tract symptoms attributed to benign prostatic hyperplasia: AUA guideline. *The Journal of Urology*, 206(4), 806-817. <https://doi.org/10.1097/JU.0000000000002183>