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**Original article:**

**Medical Management of Benign Prostatic Hyperplasia**

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**Abstract:**

Benign prostatic hyperplasia (BPH) is a common condition among older male population. Histologically it is characterised by the presence of discrete nodules in the periurethral zone of prostate gland. .Lower urinary tract symptoms(LUTS) are a group of symptoms due to a number of diseases may be urological and non urological other than an enlarged prostate that present with these symptoms. Watchful waiting is appropriate among those patients who have low AUA symptoms score (0-7) as literature evidences show no significant benefit of medications over placebo. NX-1207 is a new drug under investigation for treatment of symptomic BPH.NX-1207 has been suggested to elicit a proapoptotic effect on the prostate. With better understanding of pathophysiology of BPH the line of management has improved. The medical management has come down to two established options at present time i.e. either monotherapy with α- blockers or combined therapy of α- blockers and 5 ARIs. Both these modalities have shown to reduce the disease progression and improve symptomology significantly.

Keywords : Benign prostatic hyperplasia , NX-1207