

Saw palmetto, *Serenoa repens*, in the treatment of benign prostatic hyperplasia, mechanisms of action and reasons for its use

Abstract

Saw palmetto, *Serenoa repens*, produces berries that are the source of a popular medicine used in the treatment of benign prostatic hyperplasia, prostate infections, prostatitis, chronic pelvic pain syndrome, prostate cancer, hypotonic neurogenic bladder, sexual dysfunction and other conditions. Several clinical trials have been conducted with various extracts of the plant. The results have been mixed. Meta-analyses and systematic reviews of the trials have concluded that *S. Repens* appears to be effective in the treatment of benign prostatic hyperplasia. The mechanism of action of the medicine is not clear. This review discusses the possibility that medium length fatty acids from *S. Repens* decrease the inflammation of the prostate by altering adipokine secretion from visceral fat. This leads to less hyperplasia and perhaps less risk of promoting prostate cancer.

Keywords: saw palmetto, *Serenoa repens*, benign prostatic hyperplasia, prostate cancer

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Abbreviations: Akt, protein kinase B; BPH, benign prostatic hyperplasia; EFK %, elongation factor kinase; HBEGF, heparin binding epidermal growth factor like growth factor; HDL, high density lipoprotein; IL-6, interleukin-6; Inos, inducible nitric oxide synthase; LDL, low density lipoprotein; PDGF, platelet derived growth factor; TNF α , tumor necrosis factor α ; VEGF, vascular endothelial growth factor

Introduction

Saw palmetto, *Serenoa repens* (Arecaceae), is a traditional medicine of American Indians of the southeast. The berries are used as medicine and as food. The leaves are used to make tatching, baskets, fans, brushes, brooms, rope, fire kindling, fish traps and dolls.¹ European immigrants to the Florida area learned from American Indians to use the berries as medicine. *S. Repens* is the third most popular plant medicine in the USA and is very popular in Europe. In 2006, it was reported that over 2 million men in the USA used *S. Repens* daily.¹ Global sales are more than \$700 million per year, as reported in 2014 by the Valere Company, a manufacturer of the plant medicine. Men are most likely to use *S. Repens* to help with nocturnal urination that prevents them from sleeping through the night. Men use this plant medicine because it helps them with their symptoms.

Discussion

What is benign prostatic hyperplasia

Benign prostatic hyperplasia (BPH) is a condition that increases with aging in men over the age of about 40.² By age 60, about 50% of men have BPH. The incidence increases to 90% by age 85. It involves swelling of the prostate that restricts urine flow. As a result urination becomes difficult, incomplete and sometimes painful. Chronic inability to empty the bladder leads to bladder distention and instability. Enlargement of the prostate involves hyperplasia of stromal and glandular cells. This hyperplasia appears to be the consequence of inflammation.

Diagnosis depends on the answers to seven questions from the American Urological Association Symptom Index.³ These questions concern: how often in the past month has the patient felt that urination was incomplete, how often in the past month the patient had to urinate within 2 hours of the previous urination, how often in the past month the patient's urine flow stopped and restarted multiple times during one urination, how often in the past month the patient found it difficult to postpone urination, how often in the past month urine flow was weak, how often in the past month the patient had to strain to begin urination, how many times in the last month did the patient typically get up at night to urinate. A score of 7 or more with a urinary flow rate of 15ml per second or less is diagnostic of BPH. Palpation of the prostate through the rectum usually demonstrates an enlarged prostate.

What causes benign prostatic hyperplasia

The answer to this question is that no one knows. There are many theories. Alpha₁ blockers are considered the drugs of choice for BPH, doxazosin, terazosin, alfazosin, tamsulosin and silodosin.⁴ This suggests that sympathetic dysfunction is involved in BPH. Finasteride and dutasteride have been shown in clinical trials to improve the symptoms of BPH.⁵ These drugs inhibit 5-alpha-reductase also called 3-oxo-5 α -steroid 4-dehydrogenase, which converts testosterone into dihydrotestosterone. This suggests that dihydrotestosterone may cause or contribute to prostatic enlargement. The antimuscarinic agent, solterodine, can be used in combination with a α_1 blocker to improve BPH symptoms.⁶ Therefore, autonomic dysfunction may be involved in BPH. Tadalafil improves the symptoms of BPH in patients that suffer from erectile dysfunction and BPH, as approved by the FDA in October, 2011. Tadalafil is a phosphodiesterase type 5 inhibitor, which increases cGMP levels. Smooth muscle cells relax when cGMP levels increase. This suggests that unstable smooth muscles in the prostate or bladder are important in BPH.

Lifestyle is important in BPH.⁷ Obesity, diabetes, meat and fat consumption are risk factors for BPH. Factors that decrease BPH risk include exercise, moderation in alcohol consumption and eating

Enign Rostatic Yperplasia Reatments Eview

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Benign Prostatic Hyperplasia DIANE Publishing Company,1995-08 Developed to apply to the typical man over age 50 with symptoms of prostatism but with no significant medical morbidities such as diabetes Contains recommendations for patient evaluation symptom assessment and diagnostic tests Intended for clinicians and other health care providers who examine and treat men with BPH or who are otherwise involved in the care of patients with BPH 42 tables and figures

Benign Prostatic Hyperplasia United States. Benign Prostatic Hyperplasia Guideline Panel,1994 Therapeutic Treatment for Benign Prostatic Hyperplasia Roger S. Kirby,John D. McConnell,John Fitzpatrick,Claus G. Roehrborn,Michael Wyllie,Peter Boyle,2005-06-16 The spectrum of available treatment options for benign prostatic hyperplasia BPH is matched by the spectrum of disease severity and with up to 90% of men in their 80s suffering from BPH to some extent it is imperative that patients are offered the full range of options to manage the disease Pharmacologic therapies available for the treatment

o **Treatment of Benign Prostatic Hyperplasia** K. Koshiba,M. Miki,T. Terachi,T. Uchida,2012-12-06 Benign prostatic hyperplasia BPH is an age related nonmalignant condition that may lead to bothersome lower urinary tract symptoms The standard treatment of BPH has been ordinary loop transurethral prostatectomy but new therapies have been developed as a combined result of research technological advances and the cumulative experience of urological surgeons Among the most promising therapeutic alternatives to ordinary loop resection are those that deliver topical or interstitial heat to prostatic tissue Transurethral microwave thermotherapy visual laser ablation with the Nd YAG laser high intensity focused ultrasound and transurethral electrovaporization are some of the techniques described in this book These innovative procedures employed by skilled urologists using state of the art instruments hold forth the promise of improved quality of life for BPH patients and represent significant advances in the field of urology Treatment of Lower Urinary Tract Symptoms and Benign Prostatic Hyperplasia: Current methods, outcomes, and controversies, An Issue of Urologic Clinics of North America, E-Book Kevin T. McVary,Charles Welliver,2016-08-12 Benign prostatic hyperplasia and the resulting lower urinary tract symptoms is a major part of almost any urologist s clinical practice Due to the high prevalence of the disease in our aging population new concepts and treatments are constantly entering the marketplace Differences in patient preferences and desired outcomes require the practicing urologist to understand not only the pathophysiology of the disease but how specific treatments may be better suited for some patients and not others This issue will address the current concepts and treatments available to urologists **PTCE: Pharmacy Technician Certification Exam Premium: 4 Practice Tests +**

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Treatment of Benign Prostatic Hyperplasia: Modern Alternative to Transurethral Resection of the Prostate Bilal Chughtai,Alexis E. Te,Steven A. Kaplan,2014-10-06

Treatment of Benign Prostatic Hyperplasia Modern Techniques is an up to date review of modern techniques used to treat benign prostatic hyperplasia It provides a comprehensive review of both office and operating room based techniques Both electrosurgical and laser based techniques are covered These include high powered 532 nm laser photoselective laser vaporization of the prostate PVP holmium laser enucleation ablation of the prostate HoLEP HoLAP and Bipolar Electrovaporization of the Prostate Bipolar EVP Bipolar TURP In addition a comprehensive review of office based techniques and future therapies currently being developed is presented Each of these techniques are presented in a balanced fashion with a focus on modern literature Treatment of Benign Prostatic Hyperplasia Modern Techniques will be of great value to Urologists Urology Residents Internists and Family Practitioners

Genitourinary Imaging: Case Review Series E-Book Satomi Kawamoto,Katarzyna J Macura,2015-06-03 Ideal for residents fellows and practicing radiologists Genitourinary Imaging is designed to provide a range of common to less commonly seen cases for sharpening diagnostic skills in this challenging subspecialty area As part of the bestselling Case Review Series this title allows you to test and build your knowledge with access to a wide range of cases in genitourinary radiology making it an ideal resource for both certification and maintenance of certification MOC exams Mimics the format of official exams and the daily clinical environment with a pedagogically anchored layout that introduces cases images as unknowns with three to four questions followed by diagnosis answers additional commentary references and cross references to the corresponding Requisites volume are supplied in logical succession Blank space available for note taking An ideal study companion when paired with the corresponding Requisites series title Genitourinary Radiology Covers the latest hot topics in genitourinary radiology including prostate MR imaging and staging gynecologic malignancies with functional MRI In depth reviews of diseases involving renal collecting systems and ureters that are diagnosed by CT urography such as papillary necrosis medullary sponge kidney and urothelial neoplasms Increased number of interactive online case

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Cumulated Index Medicus, 1989

Campbell-Walsh Urology 11th Edition Review W. Scott McDougal, MD, MA (Hon), Alan J. Wein, Louis R. Kavoussi, MD, MBA, Alan W. Partin, MD, PhD, Craig A. Peters, MD, FACS, FAAP, 2015-12-01 Following the same chapter structure as the authoritative Campbell Walsh Urology 11th Edition this trusted review covers all the core material you need to know for board exam preparation and MOC exams Drs W Scott McDougal Alan J Wein Louis R Kavoussi Alan W Partin and Craig A Peters provide more than 3 000 multiple choice questions with detailed answers that help you master the most important elements in urology while interactive questions self assessment tools an extensive image bank and more are available on Expert Consult Prepare for the written boards and MOC exams with the most reliable efficient review available from the same team that has made Campbell Walsh Urology the most trusted clinical reference in the field Stay up to date with new topics covered in the parent text including evaluation and management of men with urinary incontinence minimally invasive urinary diversion laparoscopic and robotic surgery in children and much more Get a thorough review and a deeper

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Principles and Practice of Botanicals as an Integrative Therapy Anne Hume,Katherine Kelly Orr,2019-05-20 The purpose of this book is to focus on major considerations in the clinical use of botanicals as an integrated therapy in current health care The book uses an organ system approach to presenting clinical evidence on the use of botanicals for common conditions The chapters include brief sections on background and pharmacognosy preparation and do

Textbook of Benign Prostatic Hyperplasia, Second Edition Roger S. Kirby,John D. McConnell,John M. Fitzpatrick,Claus G. Roehrborn,Peter Boyle,2004-11-29 Completely revised and updated Textbook of Benign Prostatic Hyperplasia Second Edition provides a state of the art overview of the entire field The first edition of this breakthrough book was very well received by urologists around the world and became the standard reference work on the subject of Benign Prostatic Hyperplasia BPH With the constant changes and improvements being made in therapeutics and treatment in general any book on this important subject needs to be updated frequently The first edition s original sections have been expanded and once again a team of expert editors and contributors ensure that the material presented reflects the latest available information The editorial panel examines all aspects of the disorder from pathophysiology to the latest treatments and clinical trials including MTOPS and PREDICT They explore laser prostatectomy using the holmium laser and a host of other minimally invasive techniques that are seriously challenging standard transurethral resection TUR as the gold standard intervention for this disease Building on the foundation of the first edition this second edition will continue to be the quintessential resource on BPH

Geriatrics Review Syllabus Elizabeth L. Cobbs,Edmund H. Duthie,John B. Murphy,2002

Complications of Urologic Surgery and Practice Kevin R. Loughlin,2007-05-15 Divided into five sections focusing on perioperative surgical pediatric endoscopic and laparoscopic and miscellaneous complications this guide supplies state of the art strategies for the

identification prevention and management of the myriad complications that can arise during urologic surgical treatment With contributors from leading heal **Integrative Medicine, eBook** David P. Rakel,Vincent Minichiello,2022-08-12 Written by physicians who are experts in both traditional and complementary medicine Integrative Medicine 5th Edition uses a clinical disease oriented approach to safely and effectively incorporate alternative therapies into primary care practice Drawing on available scientific evidence and the authors first hand experiences it covers therapies such as botanicals supplements mind body lifestyle choices nutrition exercise spirituality and other integrative medicine modalities This highly regarded reference offers practical guidance for reducing costs and improving patient care while focusing on prevention and wellness for a better quality of life Explains how to make the best use of integrative medicine and the mechanisms by which these therapeutic modalities work keeping you at the forefront of the trend toward integrative health care Templated chapters make it quick and easy to find key information such as dosing pearls the Prevention Prescription and Therapeutic Reviews that incorporates the Evidence vs Harm Icon Uses the reliable SORT method Strength of Recommendation Taxonomy to provide evidence based ratings grading both the evidence and the relative potential harm Thoroughly updated ensuring that you remain well informed regarding the latest evidence Contains 10 new chapters covering clinician resilience supporting immunity NASH fatty liver hair loss rethinking the movement prescription compassion practices prescribing low dose naltrexone psychedelics tapering off PPIs and opioids as well as an expanded osteopathy chapter Covers timely topics aimed at reducing the epidemics of polypharmacy and opioid overuse as well as supporting immunity in the face of infectious diseases Provides online access to multiple choice questions for every chapter perfect for board exam review Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices Interventional Cardiology George D. Dangas,Carlo Di Mario,Holger Thiele,Peter Barlis,2022-05-09 Aktualisierter Ratgeber zum Verst ndnis und zur Durchf hrung modernder Verfahren in der interventionellen Kardiologie Bei den minimalinvasiven Methoden f r kardiovaskul re Eingriffe findet eine rasante Entwicklung statt die durch beispiellose Fortschritte in der Technologie und dem verfahrenstechnischen Know how angetrieben wird Die innovativen Techniken sind nicht nur in der Kardiologie sondern im gesamten medizinischen Bereich von immer gr erer Bedeutung denn sie bieten spannende Perspektiven f r zahlreiche verwandte Bereiche der Chirurgie und der Patientenversorgung Mit dieser dritten Auflage des Werks Interventional Cardiology soll praktizierenden rzten auf verschiedenen Erfahrungsniveaus praktisch anwendbares Wissen ber die besten und aktuellsten angewandten Praktiken sowie ber die der Anwendung zugrunde liegenden Prinzipien vermittelt werden Das fachkundig bearbeitete Buch erstreckt sich von Koronarinterventionen ber interventionelle Pharmakologie und Eingriffe bei strukturellen Herzerkrankungen bis zur endovaskul ren Therapie und dar ber hinaus Zu den modularen Abschnitten gibt es Multiple Choice Fragen die das Lernen und die Selbsteinsch tzung erleichtern sollen Die neue Ausgabe von Interventional Cardiology enth lt Einen umfassenden

berblick über das Fachgebiet auch zu Themen wie Atherogenese und Entzündungen unterschiedlichen Ansichten über Gefäß- und Strahlenschutzkonzepten sowie Empfehlungen der akuten und chronischen Interventionspharmakologie für Hochrisikopatienten Verfahren Betrachtungen zu bildgebenden und physiologischen Verfahren insbesondere physiologischen Untersuchungen im Herzkatheterlabor intravaskulärem Ultraschall und optischer Kohärenztomographie Eine Bewertung der Revaskularisierung in verschiedenen klinischen Situationen und bei stabilen koronaren Herzerkrankungen Informationen über den akuten Myokardinfarkt die Behandlung eines kardiogenen Schocks sowie Geräte und Techniken zur hämodynamischen Unterstützung Eine Analyse von Koronarinterventionen bei verschiedenen Arten von Läsionen insbesondere bei komplexen Läsionen am linken Hauptstamm und den Bifurkationen sowie bei chronischem Kompletverschluss Herzklappenerkrankungen und einschlägige perkutane Eingriffe insbesondere Bildgebung vor der Operation und klinische Analysen und Auswertungen in großer Tiefe und mit technischen Details bei Eingriffen am linken Vorhof gibt es derzeit zahlreiche neue Erkenntnisse Erkrankungen der peripheren Gefäße der Halsschlagader und der Aorta bzw. Arterien werden ausführlicher betrachtet als in den vorherigen Ausgaben die Behandlung von Venenerkrankungen ist mittlerweile gut etabliert Zugang zu einer begleitenden Website mit Zahlen Videos und Verweisen Für medizinische Fachkräfte aller Erfahrungsniveaus unabhängig davon ob sie sich gerade auf ihre Zertifizierung vorbereiten oder bereits mit modernen Verfahren arbeiten sind die praktischen Anweisungen und fortschrittlichen Erkenntnisse in dieser unverzichtbaren dritten Auflage von großem Nutzen

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