

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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James D Adams, Eric J Lien, Xiaogang Wang
Department of Pharmacology and Pharmaceutical Sciences,
University of Southern, USA

Correspondence: James D Adams, Department of Pharmacology and Pharmaceutical Sciences, School of Pharmacy, University of Southern California, 1985 Zonal Avenue, Los Angeles, CA, USA, 90089. Tel: 3234421362. Email: jadams@usc.edu

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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. Alpha 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

**Roger S. Kirby, John D. McConnell, John
Fitzpatrick, Claus G. Roehrborn, Michael
Wyllie, Peter Boyle**

Enign Rostatic Yperplasia Reatments Eview:

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

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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 presentations featuring updated figures recent imaging techniques and additional supporting images for further review Expert Consult eBook version included with print purchase This enhanced eBook experience allows you to search all of the text figures and references on a variety of devices as well as access interactive online case presentations for effective exam review

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Mayo Clinic Internal Medicine Board Review

Christopher M. Wittich MD, PharmD, 2016-06-13 The 11th edition of Mayo Clinic Internal Medicine Board Review is fully revised to reflect the latest information necessary to prepare for the American Board of Internal Medicine Certification and Maintenance of Certification examinations Published in an all inclusive and easy to use volume the book provides a wide array of concise chapters that review focused subjects within each specialty followed by a series of questions and answers at the end of each section With this new formatting readers can study by fitting review into their busy schedules This authoritative resource provides a succinct review of allergy cardiology endocrinology gastroenterology and hepatology general internal medicine hematology infectious diseases nephrology neurology oncology psychiatry pulmonology and rheumatology This book is a necessary resource for anyone studying for board examinations and is an important addition for those looking to include a reference on internal medicine to their medical library Key Features of the 11th Edition Each chapter includes key facts and key definitions to highlight important information without breaking up the reading flow of the chapter Each section includes color coded tabs to facilitate reviewing and studying The entire book is highly illustrated with figures tables and boxes to improve comprehension

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Maria T. Codina Leik, 2023-12-21 Plan to pass with 6 months of access to the companion review course on ExamPrepConnect with a personalized study plan built around your exam date Included free with this book Updated to reflect the current AANPCB and ANCC blueprints Maria Leik s AGNP Intensive Review Fifth Edition is everything you expect from the 1 selling AGNP review book and more This high yield guided review shows the same respect for your time and mental energy as it does for the exam material it covers Organized by body system and featuring an enhanced Pharmacology Review and expanded Question Dissection and Analysis chapter the design of this updated review focuses on organizing and presenting information the way you can expect to encounter it on the exam and in clinical practice Leik balances her succinct coverage of the required exam topics with more than 1 200 unique questions detailed rationales for correct and incorrect answers and invaluable test taking tips and clinical pearls The companion review course on ExamPrepConnect guides you through the book with a personal study plan built around your individual exam date and a wealth of digital study tools that take the guesswork out of what to study how and when Plan to pass on your first attempt 100% GUARANTEED with the best selling AGNP Review book and digital review course exclusively on ExamPrepConnect Features and updates to this fifth edition Enriched Question Dissection and Analysis chapter to help you recognize correct and incorrect answers on the exam Restructured

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PNP Certification Intensive Review Maria T. Codina Leik, 2023-12-21 True to her reputation for succinct coverage and practical test taking advice Maria Leik s *PNP Certification Intensive Review* Fifth Edition is everything you would expect from the 1 selling PNP review book and more This high yield guided review shows the same respect for the test taker s time and mental energy as it does for the exam material it covers Shaped by the experiences and feedback of thousands of PNP s who have used Leik s reviews to prepare for and pass their exams the design of this must have review focuses on organizing and highlighting key content to make it easy to navigate and review information the way you ll encounter it on the exam and in clinical practice Updated and enriched to reflect the current AANPCB and ANCC blueprints and enhanced with 500 new end of chapter review questions Leik s concise yet comprehensive coverage of each body system will reinforce your understanding and test your mastery of the exam topics while building your confidence along the way Features and updates to this fifth edition Enriched Question Dissection and Analysis chapter to help you recognize correct and incorrect answers on the exam Restructured Pharmacology Review that moves from broad concepts to detailed dosing guidelines and prescription drugs categorized by diagnosis for quick reference More than 1 200 total questions all with detailed rationales explaining correct and incorrect answers 4 unique practice exams Full color photographs illustrations and

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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 understanding of your field with more than 3 000 multiple choice questions and detailed answers now with new highlighted must know points in the answer explanations Quickly review just before exams with help from new Chapter Reviews that detail key information in a handy list format Benefit from an increased focus on pathology and imaging including updates to conform pathology content to the new American Board of Urology requirements

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 **Campbell-Walsh Urology 11th Edition Review E-Book** W. Scott McDougal, Alan J. Wein, Louis R. Kavoussi, Alan W. Partin, Craig A. Peters, 2015-09-25 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 More than 3 000 multiple choice questions with detailed answers help you master the most important elements in urology 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 understanding of your field with more than 3 000 multiple choice questions and detailed answers now with new highlighted must know points in the answer explanations Quickly review just before exams with help from new Chapter Reviews that detail key information in a handy list format Benefit from an increased focus on pathology and imaging including updates to conform pathology content to the new American Board of Urology requirements

Campbell Walsh Wein Urology, E-Book Alan W. Partin, Roger R. Dmochowski, Louis R. Kavoussi, Craig A. Peters, Alan J. Wein, 2020-01-21 From the basic science underpinnings to the most recent developments in medical and surgical care Campbell Walsh Wein Urology offers a depth and breadth of coverage you won't find in any other urology reference Now in three manageable volumes the revised 12th Edition is a must have text for students residents and seasoned practitioners with authoritative up to date content in an intuitively organized easy to read format featuring key points quick reference tables and handy algorithms throughout Features shorter more practical chapters that help you find key information quickly Includes new chapters on Urinary Tract Imaging Basic Principles of Nuclear Medicine Ethics and Informed Consent Incisions and Access Complications of Urologic Surgery Urologic Considerations in Pregnancy Intraoperative Consultation Special Urologic Considerations in Transgender Individuals and more Covers hot topics such as minimally invasive and robotic surgery advancements in urologic oncology including innovative therapeutics for personalized medicine new approaches to male infertility technological advances for the treatment of stones and advances in imaging modalities Incorporates current AUA EAU guidelines in each chapter as appropriate Updates all chapters with new content new advances and current references and best practices Extensively updated chapters include Urological Immunotherapy Minimally Invasive Urinary Diversion and Updated Focal Therapy for Prostate Cancer Features more than 175 video clips including all new videos on perineal ultrasound abdominoplasty in prune belly syndrome partial penectomy low dose rate brachytherapy and many more Written and edited by key opinion leaders reflecting essential changes and controversies in the field 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 **Cumulated Index Medicus** ,1989 **Mayo Clinic Internal Medicine Board Review** Robert D. Ficalora,Paul S. Mueller,2013-08 Mayo Clinic Internal Medicine Board Review 10th edition is designed to meet the needs of physicians in training and practicing clinicians by updating their knowledge of internal medicine and preparing them for the ABIM certification and maintenance of certification examinations in internal medicine For the 10th edition contributors were asked to map chapters according to ABIM goals At least 50 percent of the material will be new with the remainder changed and updated The redesign is intended to cover all ABIM goals while streamlining the text to make it more user friendly Large chapters have been broken up into smaller content oriented chapters to facilitate shorter more focused study opportunities This book is divided into subspecialty topics eg allergy cardiology dermatology etc and cross content topics related to general internal medicine eg men s health women s health geriatrics etc Questions and answers have been pulled from the main text to a companion book of Q As to facilitate study *Reichel's Care of the Elderly* Jan Busby-Whitehead,Samuel C. Durso,Christine Arenson,Mary H. Palmer,Rebecca Elon,William Reichel,2022-07-21 A clinical guide for all health specialists offering practical relevant and comprehensive information on managing the elderly patient *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

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