

[연수강좌]

흔한 비뇨기계 배뇨증상에 대한 적절한 약물 처방

주 명 수

울산의대 서울아산병원 비뇨기과

(nocturia), (urgency), (frequency), (incontinence), 1) 진단
 (storage symptoms), (weak stream), (1) 병력 및 증상 점수
 (hesitancy), (straining), (intermittency),
 (voiding symptoms), (tenesmus),
 (postmicturition dribble)
 (overactive bladder)

1. 전립선비대증

25%

50

(American Urological Association Symptom Score Index)
 (International Prostate Symptom Score, IPSS) (

1)

8-19, 20-35

(2) 신체검사

표 1. 국제전립선증상점수표 (IPSS)

| | | (I-PSS) | | | | | | |
|----|---|----------|--------|--------|---|---|---|---|
| | | 0 | 1 | 2 | 3 | 4 | 5 | |
| 1. | ? | | 5 1 | 2 1 | | | | |
| 2. | 2 | | 5 1 | 2 1 | | | | |
| 3. | ? | | 5 1 | 2 1 | | | | |
| 4. | ? | | 5 1 | 2 1 | | | | |
| 5. | ? | | 5 1 | 2 1 | | | | |
| 6. | ? | | 5 1 | 2 1 | | | | |
| 7. | ? | | 1 | 2 | 3 | 4 | 5 | |
| | | I-PSS S= | | | | | | |
| | | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| | | | | | | | | |
| | | QOL L= | | | | | | |

, , (PSA) 4 ng/ml 25-35%
 , 3.5-4 cm 20
 gm

(4) 요역동학검사

(uroflowmetry)

ml/sec (bell shape) (2).
 15 ml/sec

(3) 임상병리검사

10%

BUN

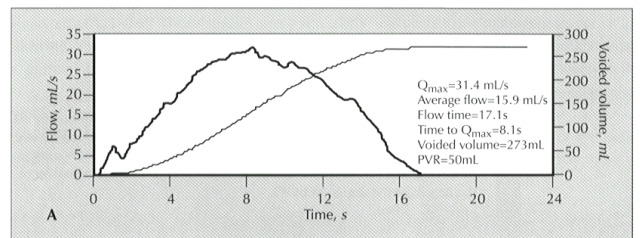


그림 1. 정상 요류검사 결과 (adopted from Atlas of Clinical Urology, Volume II The Prostate. p.2.4)

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| | | | | | | | |
|------------------------|----------------------|-------------|------------|---------------------------------|--------------------|------|---------|
| -1A- | -1B- | | | | | | 5 |
| terazosin, doxazosin | tamsulosin 29 | prazosin, 2 | | DHT | DHT | | |
| -1- | 1 | | | | DHT | | DHT- |
| terazosin, doxazosin | | -1- | | | | | |
| (0.4-0.8 mg) | doxazosin | terazosin | | | | | |
| enalapril, atenolol | | nifedipine, | | | | | |
| 2 | -1- | | | 5 | | 1 | 2 |
| | | | | 2 | | 2 | 5- |
| | | | | finasteride | Finasteride | | |
| Schulman ⁶⁾ | | | | | | | 64% |
| 355 | tamsulosin 0.4 mg, 3 | | | finasteride | DHT | 90% | |
| ml/sec | 0.7-1.8 ml/sec | | 11.5-12 | | 5mg | 3 | |
| | Boyarsky | 39-44% | | 18%, 6 | | | 28% |
| | 30% | 25% | | ⁷⁻⁸⁾ Finasteride | | | |
| | 3 | | | | | | |
| | 27% | | | finasteride | 12 | PSA | 1/2 |
| | 6% | | | | | | PSA |
| | 4 | | 6 | | | | |
| | | | Tamsulosin | | MTOPS trial | | |
| -blocker | | | 4.5-14% | | | | 2002 |
| 1% | | | | McConnell ⁹⁾ | AUA annual meeting | | |
| | | | | | | 3047 | |
| | | | | placebo, doxazosin, finasteride | doxazosin | | |
| | | | | finasteride | 5 | | |
| | | | | 15% | 20cc | 17% | 50cc |
| 0.6% | | | | 1 | | VACS | PREDICT |
| | | | | 5 | | | |
| tamsulosin | | | 12 | | | AUA | 4 |
| placebo | | | | | | | 350 |
| | | | | 78% | | 12% | 9% |
| (2) 5α-환원효소 억제제 | | | | | | | 1% |
| | | | | | | | |
| | | | | (DHT, dihydrotestosterone) | | | 67% |

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finasteride

test-retest

placebo doxazosin 4.5%
finasteride 13%, 16%

(2) 신체검사

2. 과민성방광 (Overactive bladder)의 약물요법

(urge syndrome)
(frequency-urgency syndrome)

(3) 소변검사

(4) 잔뇨측정

2) 약물치료

1) 과민성방광의 진단

working diagnosis

5
(M1-M5). M2(60-80%)
M3(20-40%), M3
phospholipase C IP3(inositol triphosphate)

(1) 증상의 평가

M2 -
(presynaptic receptor) M1
M2/4

, darifenacin

(non-subtype selective).

Flavoxate()
200 mg 3
flavoxate 1200 mg oxybutynin 15 mg

1-2 mg

Darifenacin M3

18

10 mg

Darifenacin

결 론

PSA

5- reductase inhibitor

Propiverine XL, Ditropan XL, Detrusitol XL 1 1

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