

# 用 Isoflavone (Phytogen(上標®)) 治療男性更年期的攝護腺肥大的症狀

## Isoflavone(Phytogen) in the Treatment of Male Climacterics and Prostatism

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### 摘要

背景和目的：評估 Isoflavone 在治療男性更年期的攝護腺肥大的效果。方法：25 位有男性更年期症狀或男性更年期肥大症狀的病人給予兩個月，每天 13 克的 Phytogen (r)。以量表定期追蹤各種症狀改良的結果，並測定血清中總睪固酮濃度、PSA、攝護線的大小以作為藥效的評估。結果：對於原本血清總睪固酮低下的病人，補充 Isoflavone 一個月和兩個月後，可以發現改善血清濃度回到正常；最大尿流速的平均值也在兩個月後發現改善（從每秒 17 毫升回升到 12 毫升），某位病人的症狀，如疲勞、全身無力、皮膚萎縮也得到改善，所有的病人都沒出現明顯的副作用；攝護線的大小與 PSA 值也未改變。結論：服用 Isoflavone 二個月後治療男性更年期的攝護腺肥大的症狀，在本研究中雖無法呈現對所有的病人或整體性的病狀有療效，但在某些病人的某些症狀的改善上確有功效，而且沒有副作用出現，可以作為男性更年期的另類療法。

### Abstract

Background and purpose: To elucidate the effect of isoflavone on male climacterics and prostatism. Methods: We conducted an open labeled clinical study of isoflavone on 25 males with climacteric symptoms and/or prostatism, in which 6 g of isoflavone (Phytogen) was given daily to 25 men aged from 48 to 78 (average, 67.2) years old for 2 months. Periodic examinations were made of the prostate size, PSA (prostate specific antigen), and uroflow, as well as a follow up questionnaires with subjective screening of the voiding function, sexual function, and male climacteric symptoms were given. Results: Neither the prostate size nor serum PSA level of any patient were altered. For patients with hypogonadism at the baseline (with an average serum testosterone level of 0.74 ng/ml, n=8), isoflavone was shown to have resolved the testosterone deficiency after 1 month (average testosterone level of 3.04 ng/ml) and 2 months (average testosterone level of 3.37 ng/ml) of treatment. The peak flow rate of the urine was also notably improved after 2 months of isoflavone treatment (with an increase in the average peak flow rate of from

6.17 to 12 ml/s). Some of the male climacteric symptoms such as fatigue, general weakness, and skin atrophy were found to have diminished by scoring in the group of diseased patients. As a natural product, isoflavone was quite acceptable to these middle aged to elderly patients, and no adverse effects were recorded. Conclusion: Although neither all of the patients nor all of the symptoms were responsive to 2 months of treatment with this medication in our series, isoflavone did, however, truly benefit some patients with climacteric symptoms and/or prostatism and may be an alternative therapy for aging males.