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» Journal Abstract

Total testosterone level in the benign prostate hyperplasia of polish aviation personnel – own research

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Etiology and etio-pathogenesis of the benign prostate hyperplasia are not univocally determined. Several surveys conducted regarding this theme, especially in the last decade, broadened the knowledge considering BPH. The significance of carried out researches over the congeneric (social or professional) groups where psychological and physical factors are similar is quite relevant. Aviation personnel, taken under the examination in years 1997/2000, form such a congeneric group. The civil flying personnel aged from 50, and from 40 years old in cases where the positive prostate hyperplasia symptoms occurred, took part in the study during those years. The total testosterone concentration in the blood serum was determined. The prostate gland size was established as well (3 dimensions) through the abdominal USG (ultra-sonography). The total testosterone level was marked in 553 subjects. Almost 93.5% of them had the preferential amount of this enzyme (from 8.4 nmol•l⁻¹ to 32.27 nmol•l⁻¹). Around 5% (27 people) presented lowered testosterone level and almost 1.5% (9 individuals) higher than accepted upper border of its concentration. The prostate gland volume was specified in 614 subjects. The non overgrown gland was found in 18.4% (113 people) of examined personnel by the limit equalling 20 ml. Small degree prostate hyperplasia (21-40 ml) took place in 69.2%; mean degree (41-60 ml) in 10% and high degree (over 60 ml) in 2.5% of examined staff. The prostate hyperplasia in this profession group exceeded results of other population representatives. The total testosterone level in this class maintained within the preferred limits in crucial part of individuals taking part in this investigation.

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