

# Age, obesity affect gene expression in symptomatic BPH

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(HealthDay)—Age and obesity affect gene regulation in men with symptomatic benign prostatic hyperplasia, according to a study published in the October issue of *The Journal of Urology*.

Seth K. Bechis, M.D., from Massachusetts General Hospital in Boston, and colleagues analyzed prostate samples from men undergoing transurethral prostate resection. Common assays were used to evaluate expression of 5 $\alpha$ -reductase type 2 protein and gene promoter methylation status. Clinical variables were also assessed.

The researchers found that [body mass index](#) and age significantly correlated with methylation of the 5 $\alpha$ -reductase type 2 gene promoter (P benign prostatic hyperplasia medication). There was a strong association between methylation and 5 $\alpha$ -reductase protein expression (P methylation status and protein expression (P

"Our findings suggest an individualized epigenetic signature for symptomatic benign prostatic hyperplasia, which may be important to choose appropriate personalized treatment options," the authors write.

One author disclosed financial ties to the medical device industry.

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