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IN BRIEF

BPH

Placebo effect of injectable therapy for BPH

In a recent multicentre double-blind randomized study of men aged ≥ 50 years with lower urinary tract symptoms suggestive of BPH, administration of either placebo ($n = 94$) or onabotulinumtoxinA ($n = 374$) into the prostate transition zone resulted in significant improvements in International Prostate Symptom Score, prostate volume, and maximum flow rate. No significant difference was observed between treatment and control groups owing to a large placebo effect from the injectable therapy.

Original article Marberger, M. *et al.* A randomized double-blind placebo-controlled phase 2 dose-ranging study of onabotulinumtoxinA in men with benign prostatic hyperplasia. *Eur. Urol.* doi:10.1016/j.eururo.2012.10.005

PROSTATE CANCER

Is glutamate a marker of prostate cancer aggressiveness?

Analyses have shown significantly higher serum glutamate levels in prostate tumours with Gleason scores of ≥ 8 than ≤ 7 and in black men compared with white men in the USA. In this study, immunohistochemistry revealed weak expression of glutamate receptors in normal and hyperplastic glands, but high expression in primary and metastatic carcinomas. Furthermore, glutamate blockade decreased tumour cell proliferation, migration, and invasion, and increased levels of apoptosis.

Original article Koochekpour, S. *et al.* Serum levels and biologic activities of glutamate in prostate cancer. *Clin. Cancer Res.* doi:10.1158/1078-0432.CCR-12-1308

BPH

No evidence of saw palmetto berry toxicity

Although data from double-blind studies suggest that saw palmetto is no more effective for treating BPH than placebo, many men still take extracts of this berry as self-treatment. To assess the toxicity of this dietary supplement, 357 men were randomized to receive either a dose-escalating regime of saw palmetto or placebo for 18 months. Even at high doses, no statistically significant differences were observed between the treated and control groups in terms of adverse effect profiles, changes in vital signs, or digital prostate examination findings.

Original article Avins, A. L. *et al.* Safety and toxicity of saw palmetto in the Complementary and Alternative Medicine for Urological Symptoms (CAMUS) Trial. *J. Urol.* doi:10.1016/j.juro.2012.10.002

PROSTATE CANCER

Combined imaging-biopsy for predicting cancer-free lobes

A common concern during hemiablativ focal therapy for prostate cancer is the presence of significant tumours in contralateral sides of the prostate that have been missed by biopsy. In a recent study, a combination of diffusion-weighted imaging and extended 14-core biopsy was shown to efficiently predict lobes without significant cancer. The investigators recommend routine use of this approach to select patient for hemiablativ therapy.

Original article Matsuoka, Y. *et al.* Combination of diffusion-weighted magnetic resonance imaging and extended prostate biopsy predicts lobes without significant cancer: application in patient selection for hemiablativ focal therapy. *Eur. Urol.* doi:10.1016/j.eururo.2012.10.010