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DISCUSSION FOLLOWING DR. SHOSKES' PRESENTATION

Jackson E. Fowler, Jr., MD (Jackson, Mississippi): It seems then that some of the best findings in terms of response and number of patients are found in the phytotherapy experience, which I know nothing about. It is surprising to me.

Daniel A. Shoskes, MD (Weston, Florida): You have to remember these were, in the aggregate, small studies of selected patients. However, in using these agents on a day-to-day basis in the clinic, I find there is a significant cohort who gets long-term complete relief. I think there are 2 patients enrolled in the Chronic Prostatitis Cohort Study¹ at the University of California Los Angeles whose symptom scores continue to be 0 or 1 and whose therapy was phytotherapy.

J. Curtis Nickel, MD (Kingston, Ontario, Canada): My personal impression is that a medical-oriented therapy is not going to be the answer, the cure-all to this condition. But when it

comes down to it, after antibiotics and α -blockers fail, there are therapies that do work for the treatment-refractory patients. We looked at 100 patients who decided that they did not want to be involved in a placebo-controlled trial, and we observed them for a year using a standardized treatment algorithm. We have cured many of them, or "Mother Nature" has cured them. Something has cured them, because their symptom scores are 0 after 1 year of follow-up evaluation.

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