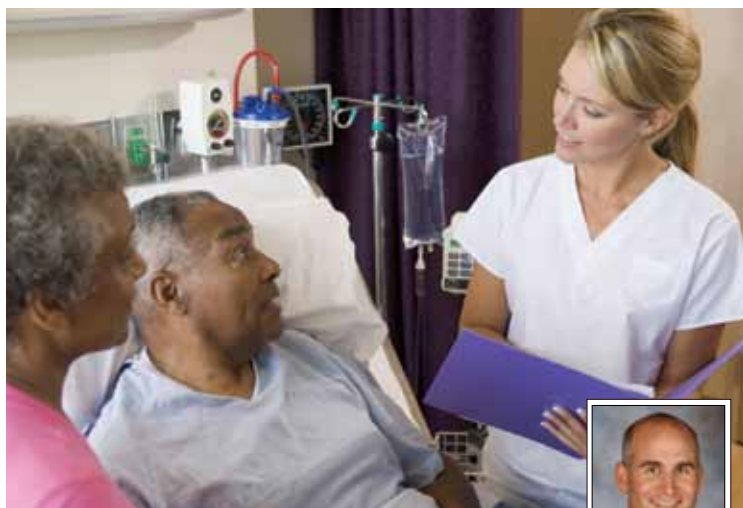


IN THE KNOW SYMPTOMS TESTS & TREATMENT



A Full Spectrum of BPH Care

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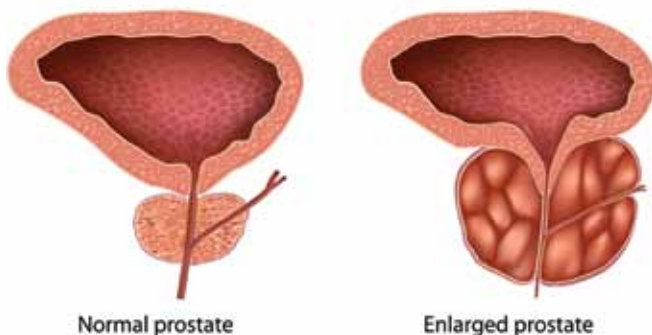
Benign prostatic hypertrophy (BPH) is the medical name for the noncancerous enlargement of the prostate gland, a condition that affects more than 50% of men over the age of 60.

BPH is a common complaint of old age, partly because the prostate does not stop growing throughout a man's life. The older men get, the larger their prostates become! Because the prostate is positioned right next to the neck of the bladder, surrounding the urethra, troublesome BPH symptoms can occur if an oversize gland obstructs the flow of urine.

Few men experience problems in the early stages of the condition, but it is estimated that 90% of men older than 70 have some or all of the following lower urinary tract symptoms: weak stream, straining to void urine, hesitancy, urgent urination, and/or a need to wake from sleep at night to urinate ("nocturia").

The good news is there are many kinds of effective medical interventions for BPH. They focus on either removing tissue, shrinking the gland, stopping further growth, or easing the passage of urine. Our infographic describes some of these therapies, from the most invasive (traditional surgery) to the least (a botanical remedy currently under research).

Benign Prostatic Hyperplasia



Invasive

Open Prostatectomy—The surgical removal of all or part of an enlarged, non-cancerous prostate. This surgery is generally reserved for men with a very large prostate. Robot-assisted surgery is making this surgery less invasive.

Less Invasive

Transurethral Resection of the Prostate (TURP)—The "classic" treatment for BPH, this surgery is performed under anesthesia. A "resectoscope"—a combined microscope, light, irrigator, and wire loop—is inserted into the gland through the urethra and electricity burns away tissue.

Minimally Invasive

Transurethral Microwave Therapy (TUMT)—In TUMT an "antenna" is inserted through the urethra and into the prostate to deliver microwave energy that heats and shrinks the gland. Cooling liquid is circulated near the urethra to protect it.

Transurethral Needle Ablation (TUNA)—TUNA shrinks the prostate with low-level radio frequency (RF) energy delivered to the gland via a small catheter inserted through the urethra.

Green Light Laser Surgery—Green light therapy uses a highly targeted, high-energy laser beam delivered via fiber optics to vaporize prostate tissue and cauterize blood vessels.

Non-Invasive

Hormone Suppression—Drugs such as finasteride inhibit testosterone, the male sex hormone implicated in prostate enlargement. (These are the drugs that also treat male pattern baldness!)

Alpha-1 Blockers—These drugs make blood vessels dilate and smooth the muscle of the prostate and bladder neck to help improve urine flow.

Saw Palmetto—This herbal remedy is extracted from the fruit of a palm-like tropical tree. It is thought to suppress testosterone, and it is an anti-inflammatory, although researchers are divided on whether it is truly effective.