



What is Benign Prostatic Hyperplasia (BPH)?

by ROBERT PUGACH, MD

BPH places pressure on the urethra and stops your bladder from emptying completely. The symptoms include:

- **Nighttime urination**
- **A slow stream**
- **Dripping or dribbling of urine**
- **Incomplete bladder emptying**
- **The need to urinate quickly and suddenly**
- **Needing to wait several seconds before urine starts to come out**

Perhaps you have heard the popular commercial, “do you have a going problem” or “do you have a growing problem?” This commercial is talking about one of the most common health problems in men, Benign Prostatic Hyperplasia (BPH), or enlargement of the prostate. In fact, if you live long enough most men will have this almost inevitable condition.

Statistics show that the risk of BPH increases every year after age 40. BPH is present in 20% of men in their fifties, 60% of men in their sixties, and 70% of men by age 70. It is important that men know that BPH is not prostate cancer, and having BPH doesn't mean a man is more or less likely to get prostate cancer. BPH is treatable!

Many doctors treat the symptoms of BPH with medications. These medications are costly, have side effects and often are not very effective in treating the annoying symptoms of BPH. There are alternatives to medication.

I advise my BPH patients of the advanced treatment options that are available to **effectively treat BPH, not just manage the symptoms!** These newer minimally invasive therapies include microwave and radiofrequency wave therapy to heat the prostate and gently shrink the enlarged tissues. These remarkable in-office therapies **take 30 minutes to complete**, resulting in improved urination in almost everyone. They are **twice as effective as medication** and you can be back to normal activities the next day!

To learn about the effectiveness of BPH treatment modalities and view patient videos as they discuss their treatment with Cooled Microwave Thermotherapy and Postiva® (TUNA), go to http://www.pacificcoasturology.com/video_series.htm.



To schedule a consultation with Dr. Robert Pugach, call 888-735-4336.

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