

IS YOUR ENLARGED PROSTATE INTERFERING WITH YOUR QUALITY OF LIFE?

By Robert Pugach, MD



Benign prostatic hyperplasia, (BPH), is a condition in men in which the prostate gland is enlarged and not cancerous. BPH causes men to suffer with symptoms of frequent and urgent needs to urinate (especially at night!), a weak stream, dribbling or leaking and painful urination.

These symptoms make it difficult for men to enjoy many activities of daily living, including getting a good night's sleep.

BPH is the most common prostate problem for men older than age 50. Treatment options for BPH include lifestyle changes, medications, surgery and minimally invasive procedures. For some doctors, the customary treatment is to prescribe medications but, besides being costly and having side effects, they can slightly relieve BPH symptoms in 25% of patients. Treatment effects are temporary because the prostate continues to grow and make medication ineffective.

At *Pacific Coast Urology Medical Center*, I advise my BPH patients that there are non-surgical treatment options that are 2-3 times more effective than medications.

One such new minimally invasive technology is The Urolift® System. Urolift® relieves prostate obstruction and opens the urethra directly by retracting the obstructing prostatic lobes. Small Urolift® Implants are used to hold the lobes in the retracted position, to open the urethra while leaving the prostate intact. The end result of a Urolift® procedure is the creation of an open urethral channel in less than 5 minutes! Catheters are rarely needed afterwards. And sexual function is never affected!

For men who are considered good candidates for Urolift®, success rates

are around 90%. Urolift® has consistently demonstrated an excellent safety and benefit profile. Urolift® is FDA approved and is covered by Medicare and most other insurance plans.

If you suffer from BPH and are concerned about preserving your sexual function and your quality of life, call Pacific Coast Urology at 888-735-4336, to schedule an appointment to see if you're a candidate for Urolift®.



Pacific Coast Urology Medical Center is one of the leading medical practices in the US specializing in the diagnosis and treatment of BPH. Call (888) 735-4336 or visit www.pacificcoasturology.com