

Urologic Briefs



UNDERSTANDING BENIGN PROSTATIC HYPERPLASIA (BPH)

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[Benign prostatic hyperplasia](#) (BPH) is a common condition affecting nearly 40 million men in the United States. In fact, over 70% of men in their 60's have symptoms of an enlarged prostate. BPH can affect your quality of life including losing a good night's sleep due to frequent needs to urinate, loss of productivity during the day from urinary frequency, urine leakage and erectile dysfunction.

WHAT ARE THE SYMPTOMS?

- ✓ Frequent Urination
- ✓ A weak or slow urinary stream
- ✓ A urinary stream that stops and starts
- ✓ Dribbling or leaking urine (causing embarrassing incontinence with wetting your pants or the bathroom floor)
- ✓ A sense that you cannot completely empty your bladder
- ✓ Painful urination
- ✓ Bladder infections

WHAT ARE THE TREATMENT OPTIONS?

Treatment options for enlarged prostate range from medications to surgery to minimally invasive options. The majority of men diagnosed with [BPH](#) are typically prescribed medications by their primary care doctor. Medications can be helpful in relieving symptoms for some men, but many do not experience adequate improvement or suffer from side effects including dizziness, headaches or sexual dysfunction.

Surgical options, such as transurethral resection of the prostate (TURP) or laser photovaporization of the prostate (PVP), are effective. However, these require general anesthesia, overnight hospitalization and post-operative catheterization. Side effects include scar tissue formation, bleeding, urinary incontinence and erectile dysfunction.

As most of my patients are aware, I specialize in minimally invasive urological procedures. There are many options to treat BPH including [Cooled Microwave Thermotherapy](#), [Radiofrequency Heating](#) and [Urolift®](#).

Last year I introduced Urolift® in my practice because of its superb clinical outcomes in the 5 years since its introduction in the US. The Urolift® System is a breakthrough, minimally invasive option to treat an enlarged prostate.

Urolift® is remarkable. **It does not require any cutting, heating, or removal of prostate tissue. It takes 10 minutes to perform and is done in my office! Catheters are rarely required.**

After doing many Urolift® procedures, and being one of the most experienced practitioners in the Western US, I can tell you that it has forever changed the landscape of minimally invasive BPH therapies. It is far more effective than most other procedures and the results are typically long lasting.

If you want to learn more about BPH treatment options and end your dependence on medication, please join me for a free community education seminar. I will be discussing the range of treatment options for BPH including Urolift®.

TREATMENT OPTIONS FOR ENLARGED PROSTATE

Wednesday, August 29, 2018 @ 6 PM

The Residence Inn Marriott Cypress Los Alamitos

The Cypress Room

4931 Katella Ave. Los Alamitos, CA 90720

To reserve your seat(s), please RSVP: 1-800-343-3503

View our websites www.pacificcoasturology.com,

www.WesternStatesHifU.com and www.advancedvasectomy.com

Schedule an Appointment: 888-735-4336
