



BENIGN PROSTATIC HYPERPLASIA (BPH) TREATMENT & EDUCATION

Thank you for trusting MidLantic Urology with your health care. We offer exceptional urological care at more than 40 locations across Southeastern Pennsylvania. Through our cohesive business philosophy and strategic business model, we can broaden the scope of our services and expertise, giving patients access to state-of-the-art technology and the most comprehensive treatment pathways available. We are confident we can help you.

WHAT IS BPH?

Benign prostatic hyperplasia, more commonly known as BPH, is an enlargement of the prostate gland. It commonly occurs as men age and can contribute to bothersome lower urinary tract symptoms (LUTS). BPH is very common.

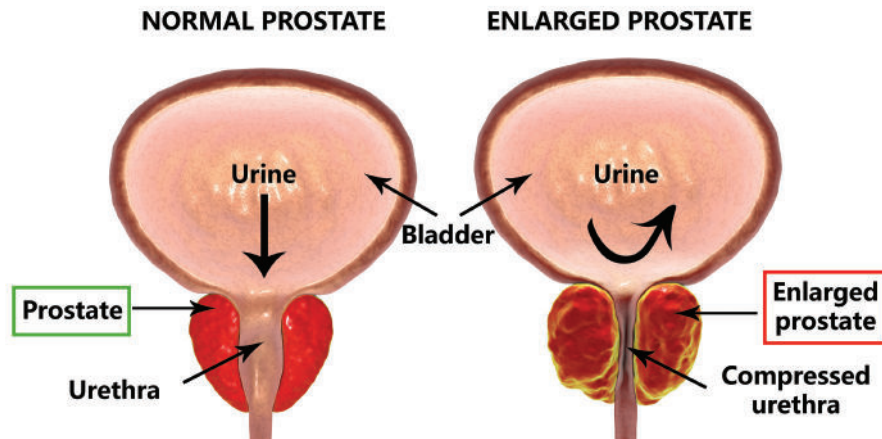
In fact, it is one of the leading reasons men visit a urologist.

The prostate gland grows throughout a man's adult life and, as it enlarges, it can compress the urethra (urine tube) making it more difficult to urinate.

This compression of the urethra can cause bothersome urinary symptoms and, if left untreated, potential damage to the bladder muscle. BPH is not cancer; patients can have BPH and prostate cancer at the same time.

50%
of US men
between the
ages of 51 & 60
are affected by
BPH.

BENIGN PROSTATIC HYPERPLASIA



UNDERSTANDING THE IMPORTANCE OF YOUR PROSTATE

The prostate is part of the male reproductive system. It is about the size and shape of a walnut and weighs about an ounce. This gland is found below the bladder and in front of the rectum. It goes all the way around the urethra, which carries urine from the bladder out through the penis.

The prostate's main job is to make fluid for semen. During ejaculation, sperm made in the testicles moves to the urethra. At the same time, fluid from the prostate and the seminal vesicles also moves into the urethra. The mixture (semen) goes through the urethra and out through the penis.

Your prostate can become larger as you age. Prostate growth begins around the age of 40-50 and is a normal part of aging. Eventually this growth leads to BPH.



SIGNS AND SYMPTOMS OF BPH?

While BPH is a benign condition, the bothersome urinary symptoms associated with BPH can greatly affect your quality of life. You'll take an important first step by coming in for an evaluation. We are ready to help!

If you have BPH, you are likely experiencing one or more of the following symptoms:

- Frequent need to urinate both day and night
- Weak or slow urinary stream
- Sense that you cannot completely empty your bladder
- Difficulty or delay in starting urination
- Urgent feeling of needing to urinate
- A urinary stream that stops and starts

These symptoms are called lower urinary tract symptoms, or LUTS, and can be easily assessed with a simple questionnaire called the International Prostate Symptom Score (IPSS). You can complete [this brief questionnaire](#) to identify the severity of your bothersome urinary symptoms.



SYMPTOMS THAT REQUIRE IMMEDIATE MEDICAL ATTENTION

Call your urologist immediately if you have blood in your urine, pain or burning during urination, or you are unable to urinate. These symptoms could indicate a more serious condition that requires immediate medical attention.

BLADDER DISEASE PROGRESSION

Earlier interventional treatments that address the obstruction may help preserve bladder health and improve your quality of life. Our providers will perform simple baseline tests to determine the severity of your symptoms and help you understand your options as you walk together through your BPH Care Plan.

Potential risks associated with untreated BPH could include bladder retention (inability to urinate) and irreversible bladder damage. Changes to the bladder due to an enlarged prostate can lead to the need for a permanent bladder catheter.

Up to
90%
of men over the
age of 80 have BPH

BENIGN PROSTATIC HYPERPLASIA DIAGNOSIS



HOW IS BPH DIAGNOSED?

If BPH is suspected, simple tests performed during your initial evaluation will help your doctor diagnose the severity of your bothersome urinary symptoms and put you on a pathway to wellness. Tests will vary from patient to patient, but the most common tests include:

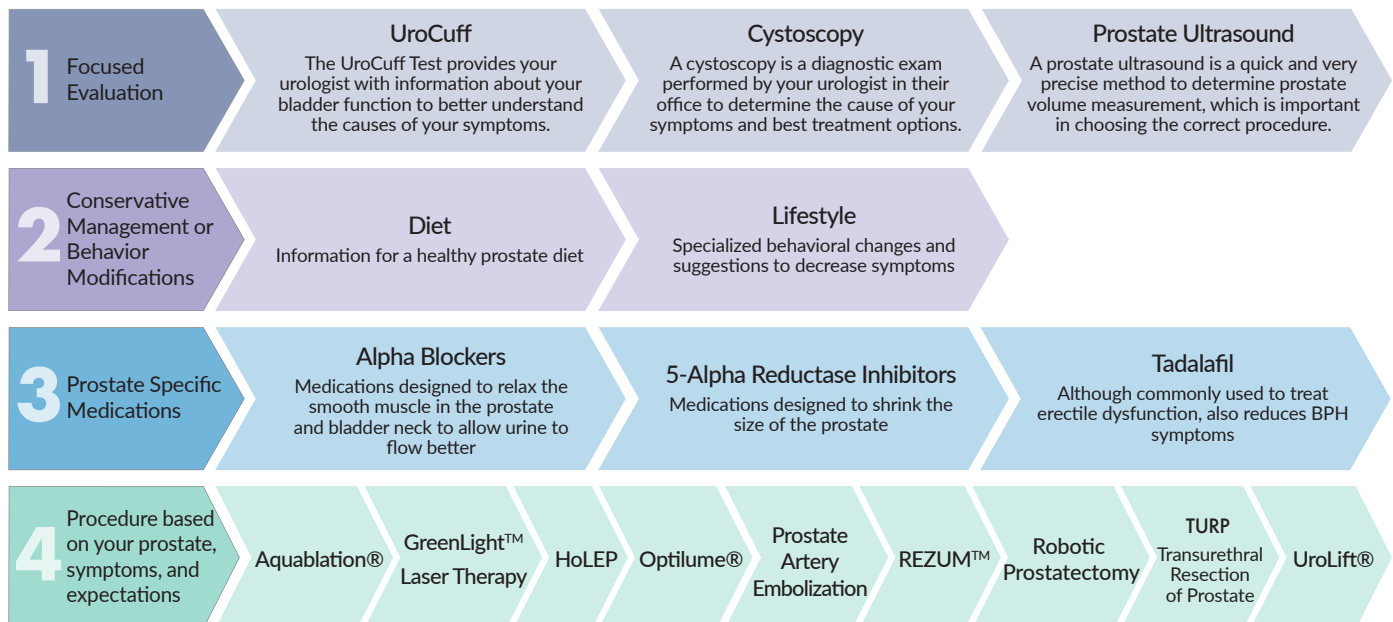
- Personal/family medical history
- Physical examination
- International Prostate Symptom Score (IPSS)
- Urinalysis or “urine test”
- Post-void residual (PVR) check bladder scan or ultrasound
- PSA: if indicated

Additional diagnostic studies may be performed to evaluate your bladder health and disease progression.

BPH PATHWAY

MidLantic Urology provides expert care in BPH. Our board-certified urologists will take the time to work with you to customize a treatment plan that meets your expectations and improves your quality of life.

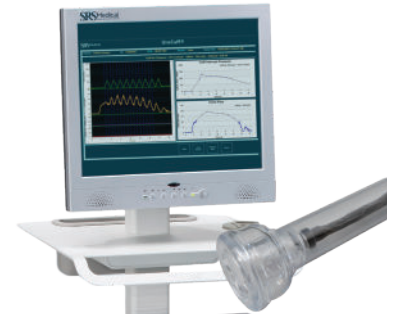
You don't have to live with BPH.



FOCUSED EVALUATION

UROCUFF

The UroCuff Test provides your urologist with information about your bladder function to better understand the causes of your symptoms. The UroCuff is a non-invasive diagnostic test for male urinary disorders (LUTS). This test allows your urologist to collect important data about your bladder function while you urinate and can provide better answers about your symptoms. You will be reassessed periodically to measure changes in bladder function and the effectiveness of your treatment plan.



CYSTOSCOPY

A cystoscopy is a diagnostic evaluation of your urethra, prostate, and bladder performed by your urologist to determine the cause of your symptoms and best treatment options. This brief procedure typically takes less than one minute.

PROSTATE ULTRASOUND

A prostate ultrasound is a quick and very precise method to determine prostate volume measurement, which is important in choosing the correct procedure.

CONSERVATIVE MANAGEMENT OR BEHAVIOR MODIFICATION

- Limit beverages in the evening
- Limit caffeine and alcohol consumption
- Follow a healthy diet and stay active
- Avoid bladder irritating foods like citrus fruits, spicy foods, and tomato-based products
- Change your bathroom habits: relax while urinating, after urinating, try again 15-20 min. later to empty bladder more completely
- Avoid medications that can impact urination, including some over-the-counter antihistamines and decongestants.



MEDICATIONS

ALPHA BLOCKERS

Medications designed to relax the smooth muscle in the prostate and bladder neck to allow urine to flow better. Common side effects can include: dizziness, fainting, headaches, lightheadedness and low blood pressure. They may also lead to retrograde ejaculation. This is when semen goes backwards into your bladder instead of your penis during orgasm. It is not harmful but it means you may have low or no ejaculate volume.

5 ALPHA-REDUCTASE INHIBITORS

Medications designed to shrink the size of the prostate. These can take up to 6 months for maximum effect and may be prescribed in conjunction with an alpha blocker. Common side effects can include: erectile dysfunction, lower sex drive and retrograde ejaculation.

TADALAFIL (CIALIS)

Commonly used to treat erectile dysfunction, Tadalafil has been found to significantly reduce the severity of urination disorders associated with BPH.

TREATMENT OPTIONS FOR BPH

AQUABLATION®

Aquablation therapy is a resective procedure, meaning that the prostate tissue causing symptoms is removed. No incision is made, as the prostate is reached through the urethra. It can be performed on most sizes and shapes, and is the only procedure that combines a camera (called a cystoscope) with ultrasound imaging, giving the surgeon the ability to see the entire prostate in real-time.



GREENLIGHT™ LASER THERAPY

Uses laser technology to vaporize overgrown prostate tissue and restore urine flow. This can be performed as an outpatient procedure and may have a lower bleeding risk than a traditional TURP.

HOLMIUM LASER ENUCLEATION OF THE PROSTATE (HOLEP)

A scope is inserted through the urethra, then a laser cuts away the tissue that is blocking urine flow. A separate instrument is used to cut the tissue into tiny fragments which are then easily removed. This procedure requires no incisions and takes about three hours. It is ideal for severely enlarged prostate. Some patients may stay in the hospital overnight depending on their prostate size and overall health.

OPTILUME®

A drug-coated balloon is inserted to relieve pressure on the urethra and improve urine flow. It also reduces the regrowth of prostate tissue.

PROSTATE ARTERY EMBOLIZATION (PAE)

Prostate artery embolization (PAE) is a minimally invasive, non-surgical procedure that shrinks the prostate by cutting off its blood supply. A microcatheter is guided into prostate arteries via the thigh or wrist. Tiny beads are inserted which lodge in the arteries, block blood flow, and shrink prostate tissue. The procedure is outpatient, performed by an interventional radiologist. General anesthesia is not needed. Rates of ED or bladder control issues are very low. Improvement in urination is typical within three weeks.



MORE TREATMENT OPTIONS FOR BPH

REZUM™

This non-surgical treatment uses the energy of water vapor or steam to remove excess prostate tissue. During each 9-second treatment, sterile water vapor is released which shrinks the prostate so urine can flow freely. No incisions or general anesthesia are needed.

ROBOTIC PROSTATECTOMY

This minimally invasive procedure uses a robot to remove the prostate and surrounding tissue. The surgeon makes a few small incisions in the abdomen and inserts an instrument to get a 3D view of the prostate. Robotic arms are then guided to remove the prostate and nearby tissue.

TURP

Transurethral resection of the prostate, or TURP, is a common surgery that uses a resectoscope placed through the tip of the penis to see and trim away prostate tissue that is blocking urine flow.

UROLIFT® SYSTEM

The UroLift System is a minimally invasive procedure to treat an enlarged prostate. It is a proven option for patients looking for an alternative to medications or major surgery. The UroLift System lifts and holds the enlarged prostate tissue so it no longer blocks the urethra. The UroLift System has been proven safe and effective and provides rapid relief.

UROLIFT®

MidLantic Urology continues to be focused on providing our patients with cutting edge therapies and innovative treatment options as they become available. Ask your MidLantic Urology specialist about new techniques and emerging management options that can deliver better results and symptom control.

BPH NAVIGATORS: A STEP BEYOND ROUTINE CARE

There are many ways to treat BPH. Sometimes, making decisions can feel overwhelming and confusing.

Our BPH patient navigators are here to help you throughout your treatment process and make the journey easier by:

- Helping you understand your diagnosis
- Coordinating communication between you and your provider in between office visits
- Facilitating scheduling treatments
- Evaluating your response to therapy



FIND YOUR LOCATION

For more information or to make an appointment online, scan this QR code with your phone.



**40 LOCATIONS ACROSS
SOUTHEASTERN PENNSYLVANIA**