

# THE ENLARGED PROSTATE: SYMPTOMS & TREATMENT OPTIONS

## UNDERSTANDING THE IMPORTANCE OF YOUR PROSTATE

Many men do not understand what their prostate does and how it can impact their lives. The prostate is a small gland that is about the size and shape of a walnut that is located below the neck of the bladder. The urethra runs through the center of your prostate, from the bladder to the penis, letting urine flow out of the body.

Your prostate is a male reproductive organ. The main function of your prostate is to produce prostate fluid, which is a component of semen. The prostate fluid nourishes and protects sperm and helps expel the semen during ejaculation.

As you age, your prostate can become larger. This usually begins around the age of 40-50 and is a normal part of aging. Eventually, this growth can lead to Benign Prostatic Hyperplasia, better known as BPH.

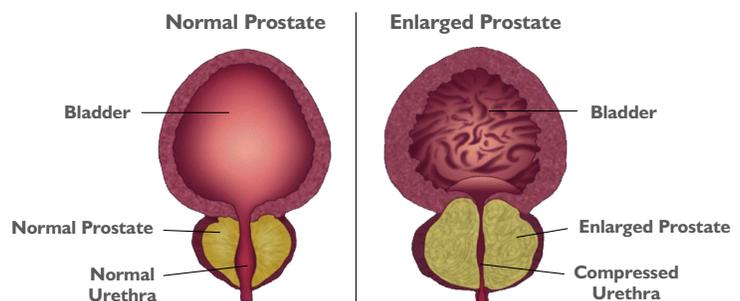
## WHAT IS AN ENLARGED PROSTATE (OR BPH)?

Benign Prostatic Hyperplasia, or BPH, is a non-cancerous condition in which the prostate enlarges as men get older. BPH is a very common condition that affects over 500 million aging men worldwide. Over 40% of men in their 50s and over 70% of men in their 60s have BPH<sup>1</sup>. While BPH is a benign condition and unrelated to prostate cancer, it can greatly affect a man's quality of life.

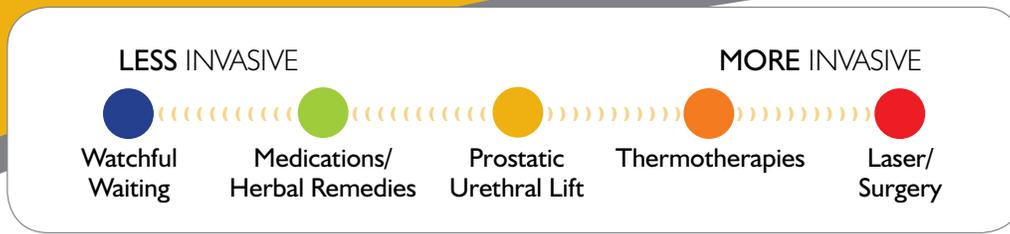
As the prostate enlarges, it presses on and blocks the urethra, causing bothersome urinary symptoms such as:

- Frequent need to urinate both day and night
- Weak or slow urinary stream
- A 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

If you suffer from the above symptoms, you are not alone. BPH is the leading reason men visit a urologist<sup>2</sup>.



# TREATMENT OPTIONS FOR ENLARGED PROSTATE



**Watchful Waiting:** When symptoms are mild, your doctor may just monitor your condition and ask you to track your symptoms before deciding if any treatment is necessary.

**Medications:** Your doctor may prescribe medications to manage your symptoms. While medications can be helpful in relieving symptoms for some men, patients must continue taking them long-term to maintain the effects. Over 20% of men on medication for BPH discontinue treatment early for reasons such as being dissatisfied with side effects or not getting adequate symptom relief.

**Prostatic Urethral Lift (The UroLift® System):** The UroLift® System PUL procedure is a minimally invasive procedure that lifts and holds the enlarged prostate tissues out of the way so it no longer blocks the urethra. There is no cutting, heating or removal of prostate tissue and the procedure is typically performed in a physician's office.

**Thermotherapies Heat & Steam-Based Therapies:**

Thermotherapies are minimally invasive treatments where heat energy such as microwave or radiofrequency is applied to prostate tissue. Symptom relief does not occur immediately, and patients often need to have a catheter that is attached to a urine bag inserted into their bladder during the recovery period.

**Laser PVP, HoLEP:** Laser therapy lessens the bleeding risks

of traditional TURP. However, since prostate tissue is still removed, there can be tissue swelling and an uncomfortable healing time. Typically, a catheter has to be inserted into the bladder after the procedure.

**Surgery Transurethral Resection of the Prostate (TURP):** TURP is the

most common surgery to treat BPH. During this procedure, patients undergo general anesthesia, and prostate tissue is removed. TURP is often considered the "gold standard" for long-term results. Patients have to have a catheter that is attached to a urine bag inserted into their bladder for several days after the procedure. Symptom relief may not occur immediately, but lasts for a long time in many patients once it does occur.

Symptom Relief	Daily Medications	Prostatic Urethral Lift	Thermotherapies	Laser/Surgery
Minimally invasive treatment	✓	✓	✓	
Rapid relief with a low risk profile <sup>1,2</sup>		✓		
Durable results after one treatment <sup>2,4</sup>		✓	✓	✓
<b>Advantages</b>				
No cutting, heating, or removal of tissue	✓	✓		
No observed risk to sexual function <sup>2</sup>		✓		
No dizziness, headaches or lack of energy (asthenia)		✓	✓	✓
Does not cause stress urinary incontinence <sup>2</sup>	✓	✓	✓	
<b>Convenience</b>				
Procedure can be performed in the office/clinic	NA	✓	✓	
Typically no catheter required after procedure <sup>7</sup>	NA	✓		
No medications required to sustain relief <sup>2</sup>		✓	✓	✓

1. Shore, Can J Urology 2014 2. Roerborn et al. Can J Urol 2017 3. McVary, J Sexual Medicine 2014 4. Chin, Urology 2012  
 5. AUA Guidelines 2003 6. Berry, et al., J Urology 1984 and 2013 US Census worldwide population estimates  
 7. Roerborn, J Urology 2013 LIFT Study