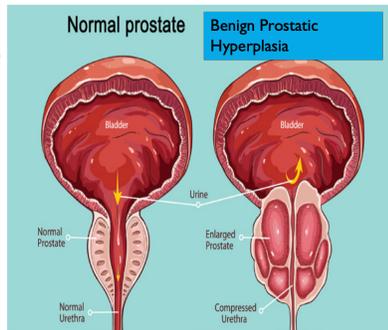


BPH & LUTS

Benign Prostatic Hyperplasia and Lower Urinary Tract Symptoms

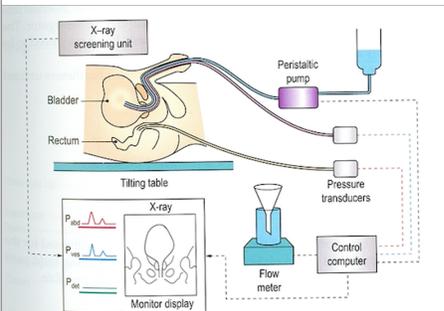
BPH

When men age, the prostate goes from a small gland that produces the seminal fluid to an adenoma (benign tumor) that grows into nodules. The growth continues and enlarges the prostate but also will block the urinary channel. Therefore the donut gets bigger but the donut hole gets smaller.



Obstruction-LUTS

When the donut hole gets smaller, the bladder (which is a muscle) now has to squeeze harder to get the urine out. When a muscle is overworked, it will initially compensate and get larger but then it will fatigue and ultimately fail to contract anymore. This process is felt by the patient as urinary symptoms (LUTS).

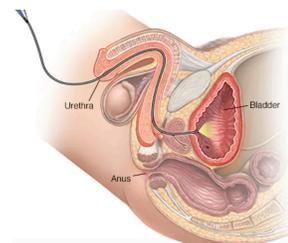


Diagnostic Testing

Urodynamics & Cystoscopy

In order to measure how well or poorly the bladder is

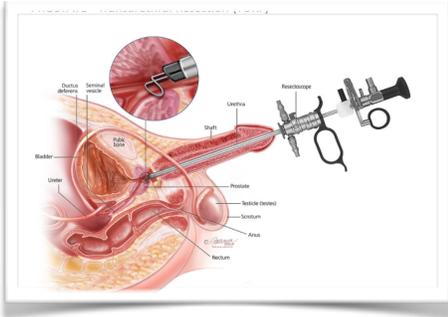
working, the contraction pressure of the bladder will need to be measured. A pressure sensor at the tip of a spaghetti strand tube will be inserted into the bladder. The bladder will also be filled with water via this tube. Once you feel that your bladder is full, the fluid will be turned off and you will go over to urinate into a funnel that will measure the force of your urinary stream.



Testing & Treatment

Bladder function and prostate obstruction needs to be investigated by diagnostic testing. This will get a baseline and also give guidance on what treatment is best for you.

Cystoscopy is the insertion of a small camera tube into the bladder to look at the prostate and bladder and see if there is anything wrong with either structure. Both tests are NOT painful but can be uncomfortable. Numbing lubricant is used and the tests are quick in the office. Usually the testing is done on separate days.



MAKING A BIGGER DONUT HOLE

Treatment Options

The TURP has been the only surgery that was available for many years. (The old fashion rotor rooter).

Medications were developed in the 1980's that included alpha blockers and 5HT inhibitors. These medications need to be taken for decades and ultimately were found to be a band-aid since they did not address the key problem of "making a bigger donut hole."

Now there are many treatment options:

- Greenlight PVP (Photovaporization of the Prostate)
- Rezum (water vapor (steam) to ablate tissue)
- Urolift- stitch to move the prostate tissue aside

All have risks and benefits and diagnostic testing may guide which procedure is a better fit for you as well as determining how effective the procedure can be.

