

# BENIGN PROSTATIC HYPERPLASIA (BPH)



## TREATMENT OPTIONS

When the symptoms of BPH cannot be controlled through conventional treatment, several interventions now exist. To help you make an informed decision, below is a list of these options, as well as the pros and cons of each approach.

| Procedure                                      | Treatment Description  | No hospitalization required | No anesthesia required | No permanent implants required | Preserves sexual function? | Improves sexual function? | Suitable for larger prostate? | Incidence of side effects | Need for re-treatment | Common side effects, in addition to normal surgical or procedure risk of infection, include:   |
|--|--|-----------------------------|------------------------|--------------------------------|----------------------------|---------------------------|-------------------------------|---------------------------|-----------------------|--|
| Prostatectomy                                  | Recommended for those with a very enlarged prostate, this open surgery procedure is used to remove a large amount of prostate tissue or gland itself.                                | ✗                           | ✗                      | ✓                              | ✗                          | ✗                         | ✓                             | High                      | Low                   | <ul style="list-style-type: none"> <li>• Stress incontinence</li> <li>• Urinary tract infection</li> <li>• Erectile dysfunction</li> <li>• Dry orgasm</li> </ul>                     |
| Transurethral Resection of the Prostate (TURP) | Common surgery to treat BPH, this approach cuts and removes excess prostate tissue to make gland smaller and reduce symptoms.  | ✗                           | ✗                      | ✓                              | ✗                          | ✗                         | ✓                             | High                      | Low                   | <ul style="list-style-type: none"> <li>• Retrograde ejaculation</li> <li>• Erectile dysfunction</li> <li>• Dry orgasm</li> <li>• Loss of bladder control</li> </ul>                  |
| Transurethral Incision of the Prostate (TUIP)  | Surgery involves making small cuts within the prostate gland to reduce pressure on urethra.  | ✗                           | ✗                      | ✓                              | ✗                          | ✗                         | ✗                             | Medium                    | High                  | <ul style="list-style-type: none"> <li>• Temporary difficulty urinating</li> <li>• Urinary tract infection</li> <li>• Need for re-treatment</li> </ul>                               |
| UroLift®                                       | Non-invasive procedure that uses a special device to place permanent implants into body to lift prostate tissue away from urethra.   | ✓                           | ✓                      | ✗                              | ✓                          | ✗                         | ✗                             | Low                       | High                  | <ul style="list-style-type: none"> <li>• Painful urination</li> <li>• Urinary urgency</li> <li>• Light blood in urine</li> </ul>   |
| Transurethral Microwave Therapy (TUMT)         | Non-invasive procedure that uses a microwave antenna on a tube inserted into bladder. The microwave heat destroys excess prostate tissue.  | ✓                           | ✓                      | ✓                              | ✓                          | ✗                         | ✗                             | Medium                    | High                  | <ul style="list-style-type: none"> <li>• New or worsening urinary symptoms</li> <li>• Chronic prostate inflammation</li> <li>• Temporary painful urination</li> </ul>                |
| Rezum Water Vapor Therapy                      | Device inserted into urethra delivers water vapor to treat excess prostate tissue.   | ✓                           | ✓                      | ✓                              | ✓                          | ✗                         | ✗                             | Low                       | Low                   | <ul style="list-style-type: none"> <li>• Temporary painful urination</li> <li>• Urinary urgency</li> <li>• Light blood in urine</li> <li>• Decrease in ejaculatory volume</li> </ul> |
| Prostate Artery Embolization                   | Non-invasive procedure to partially block blood flow to prostate gland. This causes the gland to shrink and symptoms to alleviate. Also appropriate for those with larger prostates. | ✓                           | ✓                      | ✓                              | ✓                          | ✓                         | ✓                             | Low                       | Low                   | <ul style="list-style-type: none"> <li>• Temporary painful urination</li> <li>• Light blood in urine</li> <li>• Nausea</li> </ul>  |

