



When you read up about your physical condition, you take an important tool into your own hands. The more you know about your physical condition, and the more positive steps you take, the better your chance for positive outcomes and treatment success.

### **Health Topic: Benign Prostatic Hyperplasia (BPH)**

BPH is a highly prevalent condition. It is estimated that 43% of men over the age of 65 suffer either from reduced urinary flow or lower urinary tract symptoms. Of these perhaps half have a reduced quality of life as a result of BPH. The most common symptoms of BPH are reduced urinary flow, straining to void, voiding at night, or incomplete bladder emptying.

The first line of therapy for BPH is medical. This includes medicine to either open up the prostate or to reduce its size. If medical therapy is ineffective or contraindicated, then surgical intervention should be considered. The gold standard is the Transurethral Resection of the Prostate (TURP) which most commonly requires hospitalization. However, more minimally invasive procedures for BPH such as microwave, radiofrequency and laser therapy have gained recent popularity. These minimally invasive BPH procedures can often be done in an outpatient office setting under local anesthesia.