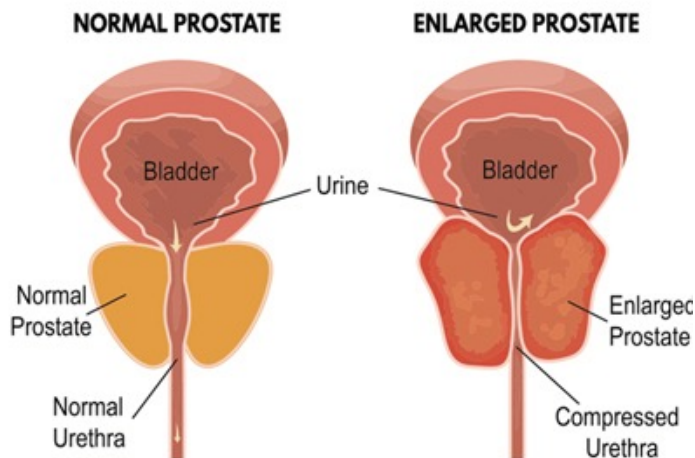


Benign Prostatic Hyperplasia (BPH)/ Lower Urinary Tract Symptoms (LUTS)

Options

BPH

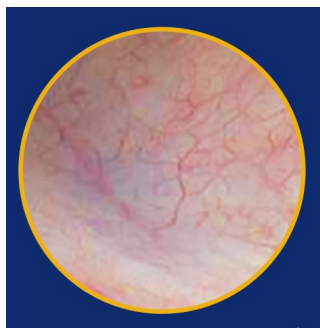


LUTS

- *Frequency or Nocturia*
- *Weak Stream*
- *Incomplete bladder emptying*
- *Intermittency*
- *Urgency*
- *Urinary retention*
- *Dysuria (pain with urination)*
- *Straining*

TREATMENT OPTIONS

Medications *Surgery*



Healthy Bladder



Unhealthy Bladder



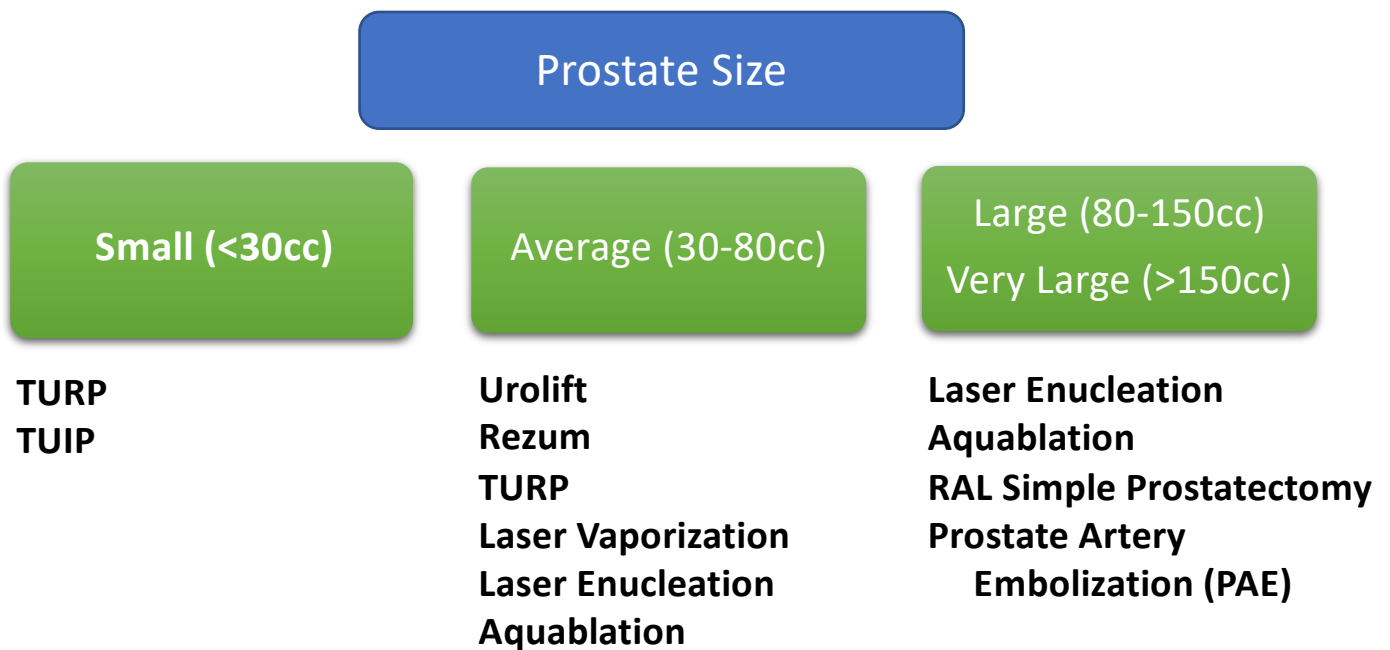
Benign Prostatic Hyperplasia (BPH)/ Lower Urinary Tract Symptoms (LUTS)

Options

Medications

- **Tamsulosin (Flomax):**
 - ✓ Relaxes smooth muscle in bladder neck and prostate
 - ✓ Side effects: hypotension, dizziness, **retrograde ejaculation**
- **Finasteride:**
 - ✓ Reduces prostate volume 20-25%, improves symptoms 20-30%
 - ✓ Side effects: Impotence (<5%), dec libido, gynecomastia
- **Tadalafil (Cialis):**
 - ✓ Used for erectile function & BPH/LUTS
 - ✓ Can NOT be used while taking nitrates

Surgical Options



	TURP	Urolift	Rezum	Laser Vaporization	Laser Enucleation	Aquablation	Robotic Simple Prostatectomy	Prostate Artery Embolization
Description	An electric loop is used to core out prostate	Small implants hold prostate tissue back	A needle is injected into prostate to vaporize tissue	A laser vaporizes the prostate tissue	A laser cores out prostate down to capsule	Heat-free waterjet removes prostate tissue	Cores out all of prostate from within the bladder	Done by Interventional Radiology; cuts off blood supply to shrink prostate
Gland size	<100g	<100g	30-80g	<100g	40-150g	Any size	>120g	>80g
Minimally Invasive (No Incisions)	✓	✓	✓	✓	✓	✓	✗	✓ One small groin incision
Same-day discharge	✗	✓	✓	✓	✗	✗	✗	✓
Length of catheter	1-3 days	0 days	3 days	1-3 days	1-3 days	1-3 days	7-10 days	~7 days
Preserves Ejaculation	✗	✓	✓	✗	✗	✓ 90%	✗	✓
Side effects	Urethral stricture <5%, incontinence, hematuria	Minimal	Dysuria (48%) for up to 1 month Hematuria (12%)	Dysuria, hematuria	Transient incontinence (15%) up to 1 month Hematuria	Hematuria, mild pain, dysuria	Increased recovery time, urinary frequency, incontinence, hematuria	Prolonged catheterization, inefficacy, pelvic pain, fevers/nausea
Efficacy	++	+	++	++	+++	+++	+++	++
5 year retreatment rate	7%	13.6%	4.4%	9%	2%	5.2%	2%	21%