

# MEN'S HEALTH

## Urologists Can Provide A 45-Minute Office-Based Procedure To Treat Frequent Urination Caused By Enlarged Prostate

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(NAPSA)—As a practicing urologist, I see many men over the age of 50 who complain about having to make constant trips to the bathroom—especially at night. Most of my patients go on to describe additional symptoms, such as feeling the need to push or strain, a sense of incomplete bladder emptying and experiencing a burning sensation during urination.

These symptoms are not surprising. They are the classic signs of an enlarged prostate, also known as benign prostatic hyperplasia (BPH)—a condition so common that it affects 60 percent of men over the age of 60.

BPH is not life threatening nor is it a form of or a precursor to cancer. In fact, it's manageable with the right treatment. This always comes as great relief to my patients, many of whom have suffered for years from the discomfort, inconvenience and awkwardness of this condition.

Many of the men I see in my practice suffer from moderate to severe symptoms of BPH. They also tend to be active and want a procedure that will relieve their symptoms without disrupting their quality of life.

Though there are many treatment options available, such as prescription medication and different surgical approaches, many of my patients have responded well to a minimally invasive heat-based procedure using the Prolieve® System.

The Prolieve System uses microwave technology, or heat, to reduce the enlarged prostate tissue that causes the urinary symptoms. I believe the quality-of-life benefits of the procedure set it apart.

• Patients can typically return to their everyday activities the



**Many men may take more trips for pleasure and fewer trips to the bathroom once they get their prostate troubles treated.**

very next day, since it's an in-office procedure performed in 45 minutes.

- It does not require general anesthesia or incisions.
- It rarely requires use of a catheter post-procedure—an important consideration for active men.
- Unlike some prescription medications, it has few to no sexual side effects.

I insert a catheter through the urethra into the bladder. A balloon containing circulating water is attached to the catheter. The microwave antenna inside the catheter heats the prostate, reducing the enlarged tissue, thus allowing urine to flow. The patient goes home the same day, usually without the need for a catheter, and typically has significant symptom improvement.

As a urologist, it's important to me that men who suffer from enlarged prostate fully understand the condition and the treatment options available. I encourage men and their loved ones to visit [www.understandbph.com](http://www.understandbph.com) or call, toll-free, (877) 274-2273 to learn more about BPH, find information on office-based treatments and the Prolieve System, and find a local physician who specializes in treating enlarged prostates.