

MEN'S HEALTH

Enlarged Prostate Affects 26 Million Men In U.S.

(NAPSA)—After a certain age, most men know how it feels to suffer from an enlarged prostate—the frequent urination and weak flow, the interrupted sleep. The condition, known as benign prostatic hyperplasia (BPH), affects 26 million men in the U.S.

The good news is that there are a number of treatment options that are safe and effective for relief of enlarged prostate symptoms. These include TherMatrx Office Thermo Therapy and GreenLight Laser Therapy both are treatments that can provide long-term relief of enlarged prostate problems.

A Common Disorder

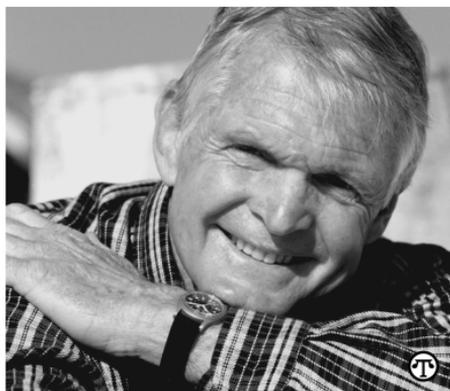
BPH is a common disorder of the prostate that is frequently diagnosed by urologists in male patients over 60. In fact, half of all men in their 60s and 95 percent in their 80s have some symptoms of this condition.

While BPH is not life-threatening, it reduces the quality of life by causing discomfort, inconvenience, sleep disruption and embarrassment. Men with BPH describe their condition as feeling trapped by the need to stay close to a bathroom at all times—limiting their freedom to live a normal life.

Symptoms of BPH

Symptoms of BPH include:

- Frequent need to urinate
- Sudden need to urinate
- Interrupted sleep due to need to urinate at night
- Weak, variable or dribbling stream



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- Need to strain or push bladder to urinate
- Difficulty beginning urination
- Pain or burning during urination
- Sensation that bladder is not completely empty after urination.

Smart Solutions

Men can undergo TherMatrx Office Thermo Therapy without cutting, heavy sedation or hospitalization. The therapy applies gentle heat to a very precise area of the prostate resulting in long-term relief of symptoms. Similarly, GreenLight Laser Therapy is a minimally invasive surgical procedure where most patients return home a few hours after treatment. It uses precise laser energy to target areas of the prostate and reduce symptoms of BPH.

For more information, visit www.greenlightforbph.com or www.bphcare.org. You can also call 1-866-HEAL-BPH.



Note to Editors: September is Prostate Health Month.