

# HEALTH NEWS

## Men Treat Common Condition—Without Drugs

(NAPSA)—Treating a common condition in men could be easier than you might think.

Many men begin to notice the problem in their 60s. They wake more frequently during the night, and even during the day experience an increased urge to urinate—and often have difficulty postponing it.

When they mention it to a doctor, they are diagnosed with benign prostatic hyperplasia, or BPH, more commonly known as an enlarged prostate. More than half of all men over age 60 have an enlarged prostate. The condition is not cancerous, but if left untreated, can cause permanent urinary problems.

Symptoms of BPH include:

- Frequent or sudden need to urinate;
- Interrupted sleep due to need to urinate at night;
- Weak, variable or dribbling stream;
- Feeling of not completely emptying the bladder.

An enlarged prostate can also reduce a man's quality of life by causing discomfort and embarrassment.

### Treating BPH

There are a variety of effective BPH treatment options, including medication or surgery. But men looking for an alternative—especially those who experience side effects from medication or who are being treated for other conditions and can't tolerate an addition to their drug regimen—may be interested in a minimally invasive treatment called TherMatrx.

It is a form of transurethral microwave therapy (TUMT), commonly called thermotherapy, that works by applying gentle heat to a very precise area of the prostate,



**There may be a simple way to treat a condition affecting more than half of men over 60.**

resulting in long-term symptomatic relief of urinary constriction without ongoing drugs or invasive surgery.

It is the most widely used BPH thermotherapy treatment in the U.S. and is an in-office treatment that requires no general anesthesia. According to clinical research results, most patients experience quick recovery and resume normal activities the next day—plus a single treatment can provide long-lasting symptom relief.

One typical patient had been dealing with an enlarged prostate for more than 10 years, and was tired of the side effects from his medication. He liked the fact that the thermotherapy procedure was performed right in his doctor's office. No hospital stays. No extended recovery time.

“I tried medication, vitamin supplements, watched my liquids before bed and reduced my caffeine intake,” he said. “When I learned about TherMatrx, I thought that finally this could be a real solution. And it was. What a relief.”