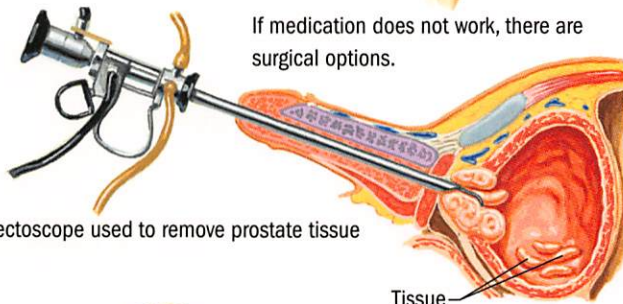




A conservative treatment you may begin with is drinking less fluid at night.

Medicines to help in urine flow and to block or reduce prostate growth are available.



If medication does not work, there are surgical options.

Rectoscope used to remove prostate tissue

Tissue



Caffeine and prescription drugs (cold and allergy) may irritate symptoms.



Call your doctor if you cannot urinate or have blood in your urine.

How Is BPH Treated?

Most people with symptoms require treatment at some point. Effective treatments range from conservative, which means simply drinking less fluid at night, to taking medicines or having surgery.

Medicines include alpha-blockers such as tamsulosin to help urine flow and reduce blockage in the bladder. Other medications, such as Finasteride, inhibit production of the hormone testosterone, so the prostate shrinks or stops growing. Over-the-counter drugs include saw palmetto, but their effectiveness has not been proven.

If drugs don't work, surgery can be tried. These operations range from slightly invasive to very invasive. The operation called TURP (transurethral resection of the prostate) is used for 90% of all surgeries for BPH. Other operations include transurethral microwave therapy (uses microwave heat), transurethral needle ablation (radiofrequency therapy, uses radio waves), and laser surgery.

DOs and DON'Ts in Managing BPH:

- ✓ **DO** understand that common drug side effects include lightheadedness and dry mouth.
- ✓ **DO** tell your doctor about any over-the-counter medicines, herbs, or supplements you take. These may cause symptoms.
- ✓ **DO** realize that surgical complications may include urinary incontinence, erection problems, and bleeding.
- ✓ **DO** understand that 10% to 30% of men with BPH also have prostate cancer.
- ✓ **DO** call your doctor if you cannot urinate or have blood in your urine.
- ⊘ **DON'T** forget that caffeine and certain prescription drugs (e.g., for colds and allergy) may cause irritating prostate symptoms.
- ⊘ **DON'T** forget to discuss with your doctor the risks and benefits of operations and use of the PSA blood test for diagnosing prostate cancer.

FROM THE DESK OF

NOTES

FOR MORE INFORMATION

Contact the following sources:

- American Urological Association
Tel: (401) 727-1100
Web: www.auanet.org
- National Kidney and Urologic Diseases Information Clearinghouse
Web: www.niddk.nih.gov