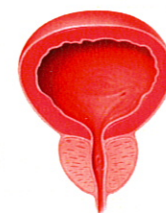
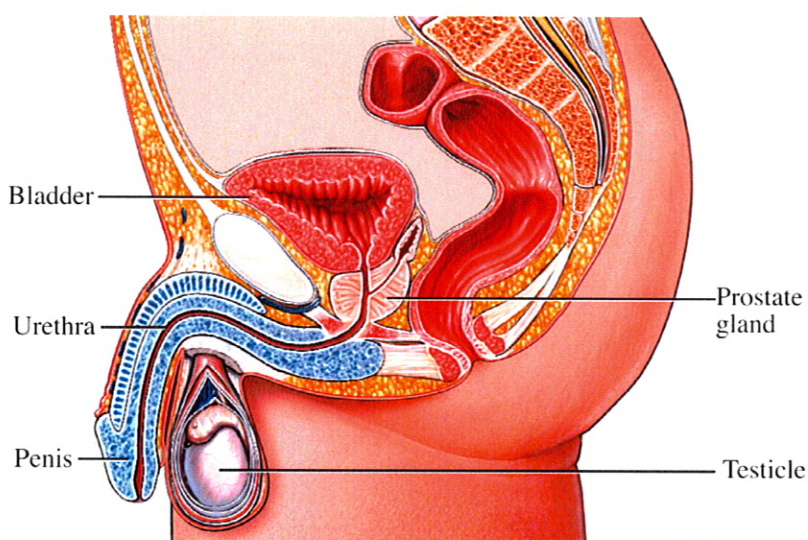


### What is Benign Prostatic Hyperplasia (BPH)?

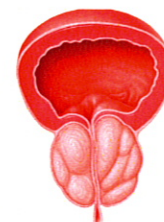
BPH is a non-cancerous enlargement of the prostate gland that causes progressive difficulty with urination. The enlargement process begins during age 30 to 40, but usually typically develops so slowly that manifestations of the condition do not begin to cause problems until men reach age 60 or older.

### The Prostate

Definition: A walnut sized, cone shaped gland in men that surrounds the first part of the urethra near the base of the bladder. As BPH develops, the urethra is compressed or narrowed, resulting in problems when urinating.



Normal Prostate



Enlarged Prostate

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### Why be treated for enlargement of the prostate?

Seek treatment for relief of bothersome voiding symptoms, which may include some or all of the following:

- Weak urinary stream with dribbling
- Difficulty starting to urinate
- Awakening at night to void
- Sensation of incomplete emptying of the bladder
- Urgency
- Complete inability to void (urinary retention)

### When to treat BPH?

Treatment is recommended when the voiding dysfunction is significant enough to affect the quality of life. Treatment options include:

- Medical therapy (medications or watchful waiting)
- Thermotherapy (TUMT, TUNA)
- Surgical removal including transurethral resection of the prostate (TURP)
- Laser procedures to vaporize or resect the enlarged prostate

## What to Expect Before and After the Procedure

### Before Surgery:

- You will be required to complete any necessary lab work in advance of the procedure date.
- Your urologist will tell you when and where to arrive on the day of the procedure, usually 1-2 hours prior to the procedure.
- Your anesthesiologist will speak with you prior to your laser procedure and prepare you for your anesthesia.

### After Surgery:

- Your urologist may prescribe antibiotics for a short period of time.
- Sometimes a special catheter is inserted into your urethra, and is typically removed within 24 hours.
- Some bleeding is normal after the laser procedure and pinkish colored urine is not unusual.

### Do's and don'ts after your laser procedure:

- Continue drinking water.
- Avoid straining when having a bowel movement.
- Avoid constipation and ask for a laxative from your urologist if you need help or have a history of constipation.
- Refrain from any heavy lifting.
- Avoid driving or operating heavy machinery per your urologist's instructions.
- Call your urologist for a follow-up visit.

### Recuperation time:

- You may feel fine immediately after the procedure, but healing is not complete for several months. Below are some situations you may encounter:
  - The flow of urine may vary, and be associated with some burning and urgency. This is normal, and of short duration.
  - Some bleeding may occur, even weeks after the laser procedure. If the urine is dark red or contains blood clots, call your urologist immediately.
  - Call your urologist if you develop fever or have shaking chills, as urinary tract infections can happen following laser procedures.
  - Erections are not typically affected by laser surgery, but some men do experience alterations in ejaculations. Discuss any concerns you may have regarding sexual activity with your urologist.

### **Advantages of Thulium Laser Vaporization of Prostate Gland Tissue:**

- Outpatient procedure in a medical facility or urologist's office with no overnight stay.
- Catheter to drain urine typically for 24 hours or less.
- Quick relief of your BPH symptoms with shorter recovery time compared to alternative treatments.
- Return to normal activities within a short period.
- Immediate increase in urine flow.
- The ability to obtain tissue specimens at the same time, if necessary, eliminating the need for an additional procedure.

The Thulium Laser is a continuous wave laser that interacts ideally with prostate tissue allowing precise vaporization, cutting and coagulation of the obstructing tissue. It provides rapid relief of voiding symptoms with little risk of bleeding or other complications associated with thermotherapies or more invasive surgery.

**There are now multiple choices for men with BPH. You should discuss all of the options with your urologist to decide which is best for you. The Thulium Laser gives your urologist cutting edge technology to put you on the fastest road to recovery and a better quality of life.**