

# BENIGN PROSTATIC HYPERPLASIA (BPH)

## Treatment Options

When the symptoms of BPH cannot be controlled through conventional treatment, several interventions now exist.

To help you make an informed decision, below is a list of these options, as well as the pros and cons of each approach.



Procedure	Treatment Description	No hospitalization required	No anesthesia required	No permanent implants required	Preserves sexual function?	Improves sexual function?	Suitable for larger prostate?	Incidence of side effects	Need for re-treatment	Common side effects, in addition to normal surgical or procedure risk of infection, include:
Prostatectomy	Recommended for those with a very enlarged prostate, this open surgery procedure is used to remove a large amount of prostate tissue or gland itself.	✗	✗	✓	✗	✗	✓	High	Low	<ul style="list-style-type: none"> <li>• Stress incontinence</li> <li>• Urinary tract infection</li> <li>• Erectile dysfunction</li> <li>• Dry orgasm</li> </ul>
Transurethral Resection of the Prostate (TURP)	Common surgery to treat BPH, this approach cuts and removes excess prostate tissue to make gland smaller and reduce symptoms.	✗	✗	✓	✗	✗	✓	High	Low	<ul style="list-style-type: none"> <li>• Retrograde ejaculation</li> <li>• Erectile dysfunction</li> <li>• Dry orgasm</li> <li>• Loss of bladder control</li> </ul>
Transurethral Incision of the Prostate (TUIP)	Surgery involves making small cuts within the prostate gland to reduce pressure on urethra.	✗	✗	✓	✗	✗	✗	Medium	High	<ul style="list-style-type: none"> <li>• Temporary difficulty urinating</li> <li>• Urinary tract infection</li> <li>• Need for re-treatment</li> </ul>
UroLift®	Non-invasive procedure that uses a special device to place permanent implants into body to lift prostate tissue away from urethra.	✓	✓	✗	✓	✗	✗	Low	High	<ul style="list-style-type: none"> <li>• Painful urination</li> <li>• Urinary urgency</li> <li>• Light blood in urine</li> </ul>
Transurethral Microwave Therapy (TUMT)	Non-invasive procedure that uses a microwave antenna on a tube inserted into bladder. The microwave heat destroys excess prostate tissue.	✓	✓	✓	✓	✗	✗	Medium	High	<ul style="list-style-type: none"> <li>• New or worsening urinary symptoms</li> <li>• Chronic prostate inflammation</li> <li>• Temporary painful urination</li> </ul>
Rezum Water Vapor Therapy	Device inserted into urethra delivers water vapor to treat excess prostate tissue.	✓	✓	✓	✓	✗	✗	Low	Low	<ul style="list-style-type: none"> <li>• Temporary painful urination</li> <li>• Urinary urgency</li> <li>• Light blood in urine</li> <li>• Decrease in ejaculatory volume</li> </ul>
Prostate Artery Embolization	Non-invasive procedure to partially block blood flow to prostate gland. This causes the gland to shrink and symptoms to alleviate. Also appropriate for those with larger prostates.	✓	✓	✓	✓	✓	✓	Low	Low	<ul style="list-style-type: none"> <li>• Temporary painful urination</li> <li>• Light blood in urine</li> <li>• Nausea</li> </ul>

