

BENIGN PROSTATIC HYPERPLASIA

What is the prostate?

The prostate is a small gland weighing about 18-20 g located below the urinary bladder. It completely surrounds the urethra. It produces major portion of semen.

What is Benign prostatic hyperplasia (BPH)?

With age the prostate starts increasing in size. This is not cancer of prostate although the two can occur together. This is called as BPH. As the prostate enlarges, it can squeeze down on the urethra. This can cause men to have trouble passing urine.

What are some of the risk factors for BPH?

Age & family history of BPH are known risk factors .

What are the symptoms associated with BPH?

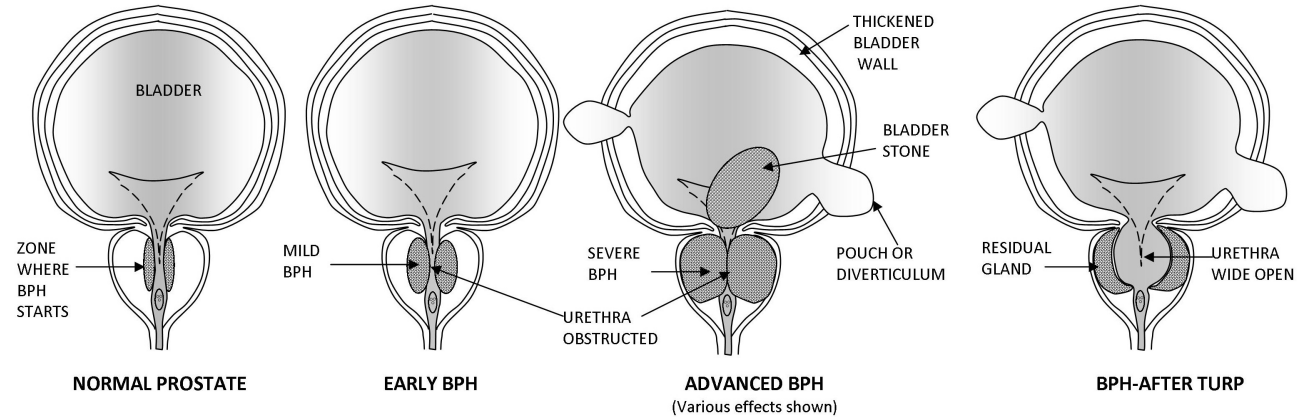
Prostate enlargement results in obstruction and/or irritation of the bladder. Symptoms include difficulty in passing urine, taking a long time to start or pass out urine. Flow of urine may be slow or it may be interrupted. This may be accompanied by frequent urination and a need to rush to the washroom. Sometimes the urine flow may stop completely. A few men may pass blood in urine or have multiple episodes of infection in urine.

What are the treatment options for BPH?

There are 3 main treatment options for BPH:

- 1.) **Watchful Waiting:** Those men who have an enlarged prostate gland but no bothersome symptoms do not need any treatment. Such patients may be advised a program of regular checkups.
- 2.) **Medicines:** There are different kinds of medication used to treat BPH but these drugs need to be taken for a long time.
- 3.) **Surgery:** The 2 options are Endoscopic Surgery & Open Surgery.

TREATMENT OF B.P.H.



What are the medical treatments available for BPH?

There are two main types of medicines available for treatment of BPH. The first type acts by relaxing the muscles around the urinary bladder neck to reduce obstruction & improve urine flow. The second type of medicine blocks the effects of testosterone which causes enlargement of prostate.

When is surgery advised as a form of treatment?

When medical therapy fails, surgery is required. Surgery is also recommended for men with urinary retention, kidney damage, frequent urinary tract infections, or bladder stones and in patients having bleeding in urine due to enlarged prostate.

What are the different surgical treatments available?

Removal of the prostate can be done in different ways. In most instance endoscopic surgery (TURP) is done. Open surgery is done only under special circumstances.

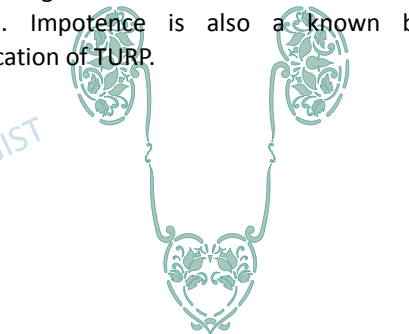
Transurethral resection of prostate (TURP): TURP is the most common surgery for BPH. After the patient receives anesthesia, the surgeon inserts a special instrument through the urethra. This instrument cuts the prostate tissue & seals blood vessels removing obstructive prostate tissue a piece at a time.

TREATMENT OF B.P.H.

At the end of the procedure, a catheter (tube) is placed in the bladder. This is removed after 3-4 days & once the patient passes urine he can go home.

What are the complications of TURP?

As with any operative procedure, complications do exist. Infection & bleeding are the most common complications in early postoperative period. Another complication that can occur is retrograde/dry ejaculation. The chance of incontinence is very rare. In the long term there is a risk of narrowing of urethra. Impotence is also a known but rare complication of TURP.



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