

MEN'S HEALTH

A New Prostate Solution

by *Reza S. Malek, M.D.*

(NAPSA)—Enlargement of the prostate is a natural part of getting older.

Benign prostatic hyperplasia (BPH) affects as many as nine million men in the United States—half of all Americans over age 60—and leads to urinary obstruction in many.



Dr. Reza Malek

The good news is that obstructive BPH is a very treatable disease. It is important to know that BPH is not cancerous and is not known to lead to cancer.

The prostate gland is a small gland below the bladder that secretes some components of seminal fluid and, due to its location, plays a large part in voiding function. Since the prostate surrounds the urethra, prostate problems can affect one's ability to urinate easily, and prostate diseases such as obstructive BPH often first show up as difficulties with urination. One may, for instance, find one has to strain more to start the urinary stream. Another sign is frequent urination, particularly at night, when one may need to get up two or three times.

Fortunately, there's a new laser treatment available for obstructive BPH that is equally or more effective, with fewer side effects, compared with all other treatments. Called photoselective vaporization of the prostate (PVP), it offers a unique and simple solution to obstructive BPH problems.

PVP combines the effectiveness of the traditional, gold standard

Symptoms of BPH:

- Hesitancy or straining needed to start the urinary stream.
- Weak stream or a repeated start-stop pattern.
- Needing to urinate frequently.
- Inability to sleep through the night without having to get up to urinate.
- Sudden, intense and sometimes uncontrollable urges to urinate.



treatment for the condition—transurethral resection, or TURP—and the safety, comfort and ease of a minimally invasive treatment.

The laser procedure is performed in an outpatient setting and typically takes less than an hour. Most patients can return home shortly after PVP and can expect to experience considerable improvement within a few days.

The GreenLight Laser System used to administer the treatment uses a new technology called Star Pulse to create high-energy pulses of green, 532-nanometer laser light. This light quickly vaporizes prostate tissue while reducing blood loss usually associated with TURP. It allows the physician to completely remove the tissue that blocks the free flow of urine with fewer risks or side effects which are associated with traditional surgery.

To learn more about BPH and laser treatments, patients should consult their physicians.

Dr. Reza S. Malek is Professor Emeritus of Urology at the Mayo Clinic, Rochester, MN. He pioneered the technique of PVP.