



## ENLARGED PROSTATE: NEW TREATMENT OPTIONS FOR MEN

Benign prostatic hyperplasia, also known as BPH, is enlargement of the prostate gland that causes obstruction of the bladder that can lead to significant urinary symptoms, bladder damage, life-long catheter, and kidney failure. Most men will experience symptoms in their life, especially as they age. Eighty percent of men over 70 years of age are impacted by this disease. This leads to men having symptoms such as getting up frequently at night to urinate; daytime frequency and urgency of urine; difficulty passing urine or starting their stream; and even leakage of urine, all of which can be frustrating for many men and impact their quality of life.



Carl G. Klutke, M.D.



Gregory M. Lomas, M.D.

Urologists are experts in this area and can help determine options for management based on an exam and other tests. Prescription medication is an option to help men who encounter issues with urination, but they are lifelong, can have significant side effects, or may be ineffective.

Several procedures to help men are available. Historically, the inside channel of the prostate would be opened up to relieve the blockage. This is still a good option for many men, and the advancement in technology has improved outcomes for men. Recently however, several minimally invasive procedures have been developed for BPH.

UroLift is a procedure that does not remove any prostate tissue but uses clips to pull apart the blockage and make an open channel for the bladder to easily pass urine. It is typically a 10-minute procedure that is done on an outpatient basis and most men do not require a catheter. Results are seen within 2-3 weeks and patients can return to their normal lives almost immediately.

Rezúm is another new procedure that uses water vapor to remove the enlarged prostate tissue. Like UroLift, this is an outpatient procedure with minimal risks of complications and excellent results.



Thomas J. Ruane, M.D.



Jeffrey Spencer, M.D.

Not every prostate is the same and based on the size and shape can determine what options will work the best. Big prostates may not be candidates for standard therapy such as UroLift or Rezúm. Holmium laser enucleation of the prostate (HoLEP) is a surgery that only a few dozen urologists do in the country that can treat any size prostate, including large prostates that would typically require an invasive surgery. With the HoLEP, these large prostates can be treated without any incisions and recovery is quicker.

Venice Urology, formerly RTR Urology, has been proudly serving the Venice area for years. Even though it changed its name, the practice continues to strive to provide excellent patient care and use the most up-to-date technology including UroLift, Rezúmand HoLEP. The office features 4 board-certified urologists including Dr. Ruane, Dr. Lomas and Dr. Klutke, and Buffalo native, Dr. Spencer, recently joined the practice. You can call to make an appointment at 941-485-3351.

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