

## BPH (Enlarged Prostate)

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**"Nearly half of all men over 50 have an enlarging prostate. If you have an enlarging prostate, you may find that you have one or more of the following symptoms:**

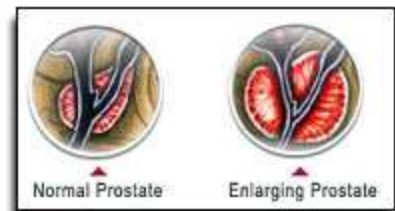


- It is difficult to start urinating.
- It is difficult to empty your bladder completely, and because of this, urine may dribble after you are done.
- The stream of your urine is weak and may start and stop.
- You urinate more often, especially at night.
- You feel the need to urinate more often.
- You get sudden strong urges to urinate.

**If you are experiencing any of these symptoms, treatment options are available."**

**Lawrence A. Fish, M.D., a senior partner and a practicing urologist since 1978, joined the practice in 1980. He is the former Chief of Urology at St. Francis Hospital. In addition to managing his large patient following and treating general urological conditions, Dr. Fish performs various in-office procedures including vasectomies, prostate biopsies, and cystoscopies.**

BPH, also known as benign prostatic hypertrophy, is a process that occurs in men at approximately age 50. It is a benign enlargement of the prostate, which may or may not cause symptoms. Symptoms include frequency of urination, the urge to urinate, awaking during the night to urinate, and poor stream when you urinate. If these symptoms become severe enough to change your lifestyle, there are medical and surgical treatment options available.











Medical treatment options include various medications which can shrink your prostate. There are also other medications which can actually relax the bladder and prostate muscles, allowing you to urinate with more ease. In the case that these medications are not effective and symptoms progress, there are surgical options available.

The "gold standard" for prostate surgery is a TURP, which stands for trans-urethral resection of prostate. Basically this removes prostatic tissue blocking the urethra and bladder, allowing

the person to urinate better. A newer, but also effective, procedure for smaller prostates is laser ablation. This also opens up the urethra allowing better urination. Rarely, we perform an open prostatectomy to remove the obstructing part of the prostate; when the prostate is very large. This should not be confused with a radical prostatectomy for prostate cancer. Other procedures, which are performed less regularly, are the needle ablation procedure of the prostate and the trans-urethral microwave therapy to the prostate. Please contact your urologist to discuss the treatment options that are right for you.

**For more information, please call 516.627.6188, Extension 149.**

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