

## Green Light Laser Vaporization of the Prostate

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**"If you suffer from benign prostatic hyperplasia (BPH or benign enlargement of the prostate), the Green Light Laser Vaporization of the Prostate is an excellent treatment option. This procedure utilizes cutting edge technology which treats patients in a fast and safe manner in an outpatient setting."**



### **Christopher W. Johnson, M.D.**

*Assistant Attending Urologist, North Shore University Hospital, Manhasset and St. Francis Hospital and Assistant Attending of Urology at Cornell University.*

**Dr. Johnson has a special interest in minimally invasive techniques such as laparoscopy, endoscopy, robotic surgery, laser treatment, and cryotherapy. In addition to general urology, Dr. Johnson specializes in urologic oncology and stone disease.**

BPH (Benign Prostatic Hyperplasia) which, as the name suggests, is a benign enlargement of the prostate, and is a common problem among aging male patients. As the size of the prostate increases, it becomes more and more difficult to pass urine. For these patients medical therapy is often initially recommended. Ultimately, patient's may fail medical therapy and require surgical management of their BPH.

When surgical management is necessary, several treatment options are available. The "gold standard" for treatment of BPH is a transurethral resection of the prostate (TURP). On the heels of innovative new treatments, there are now several alternative treatment options available to the patient.

Alternative energy sources such as laser, radio waves and microwaves have come to the forefront of urological medicine. These new treatments allow the prostate to be treated in a safer manner than traditional treatments.

The Green light laser vaporization of the prostate has evolved into a treatment technique, which exceeds the benefits of the TURP, while minimizing the level of risk. The majority of patients who undergo the green light laser vaporization of the prostate are done on an out-patient basis and most times do not require catheterization following the procedure. Additional benefits include lower risk of significant bleeding and other potential complications previously seen with TURP. Moreover, patients can safely have this procedure while still on certain types of anti-coagulants. In general, patients have been very pleased with the results.

Dr. Gary Goldberg is a certified preceptor for the PVP procedure with the Green Light laser system.

**To make an appointment, please call 516.627.6188 ext. 149**