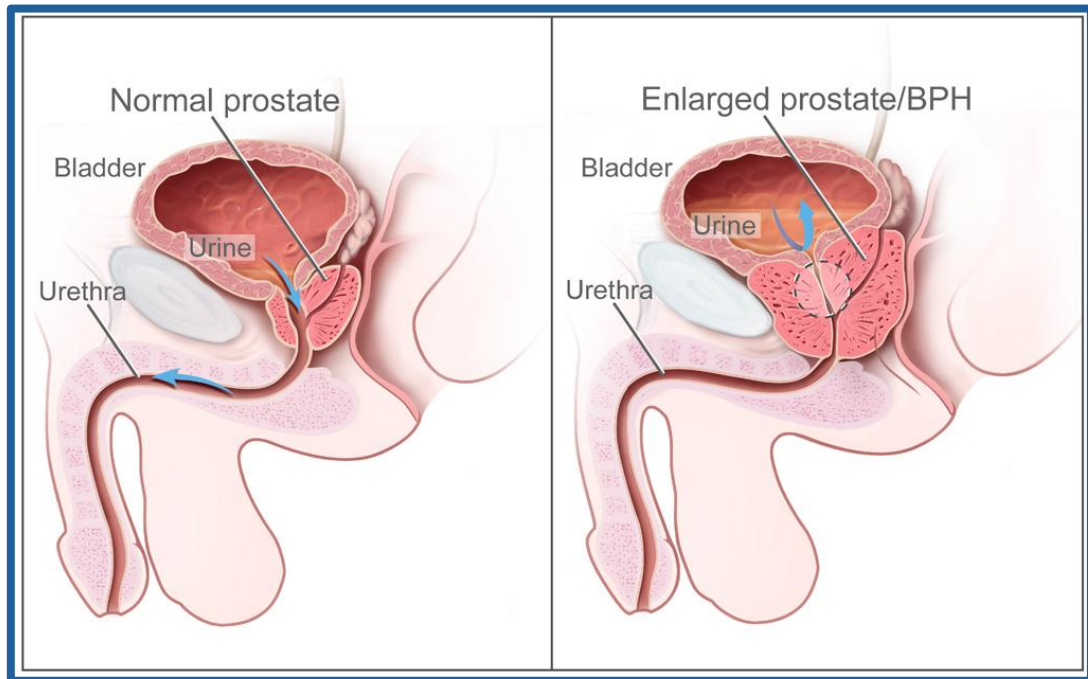


BPH *Demystified*



Benign Prostatic Hyperplasia (BPH), often called benign enlargement of prostate (BEP), is a non-cancerous growth of the prostate gland that commonly affects men over 50. It occurs due to hormonal changes, particularly rising dihydrotestosterone (DHT) levels, leading to prostate tissue proliferation around the urethra. This compresses the urethra, obstructing urine flow and causing bothersome lower urinary tract symptoms (LUTS).

Common Symptoms: Patients experience

1. Weak urine stream,
2. Hesitancy,
3. Intermittency,
4. Nocturia,
5. Urgency and
6. Incomplete emptying of bladder.
7. Severe cases lead to acute urinary retention, repeated urinary infections (due to retention of urine), bladder stones or kidney dysfunction (in the long run) if untreated.

Diagnosis involves digital rectal exam, Ultrasonography with pre and post void urine values, PSA testing (to rule out malignancy) and sometime uroflowmetry.

Medical Management

- Watchful waiting suits mild symptoms, with lifestyle changes like fluid reduction and pelvic (Kegel) exercises.
- Alpha-blocker group of drugs relax prostate muscles, improving flow within weeks.
- 5-alpha reductase inhibitors group of drugs shrink the prostate by 20-30% over months, ideal for larger glands.
- Combination therapy of above two, offers superior symptom relief for moderate-severe cases.
- Anticholinergics or beta-3 agonists group of drugs manage overactive bladder symptoms

Surgical Options:

- Transurethral resection of the prostate (TURP) remains the gold standard, removing obstructing tissue with durable results.
- Laser therapies—GreenLight PVP vaporizes tissue precisely, while HoLEP enucleates for all prostate sizes, minimizing bleeding.
- Minimally invasive options include UroLift (implants retract lobes), Rezum (steam ablation), and Aquablation (robotic waterjet), preserving ejaculation and enabling outpatient recovery.
- Prostatic artery embolization reduces size via vessel occlusion, suiting high-risk patients, not for surgery.

BPH isn't cancerous but warrants PSA screening to rule out malignancy.

Early intervention restores quality of life effectively.