

**ASSOCIATED
UROLOGICAL
SPECIALISTS**

Benign Prostatic Hyperplasia (BPH)

Treatment & Education



What is BPH?

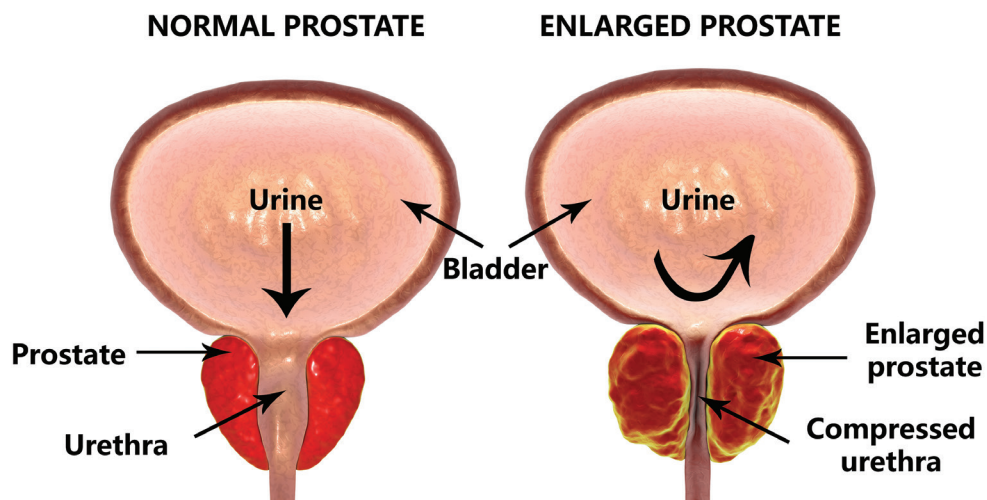
Benign prostatic hyperplasia, more commonly known as BPH, is an enlargement of the prostate gland. It commonly occurs as men age and can contribute to bothersome lower urinary tract symptoms (LUTS). BPH is very common. In fact, it is one of the leading reasons men visit a urologist.

The prostate gland grows throughout a man's adult life and, as it enlarges, it can compress the urethra (urine tube) making it more difficult to urinate. This compression of the urethra can cause bothersome urinary symptoms and, if left untreated, potential damage to the bladder muscle. BPH is not cancer; patients can have BPH and prostate cancer at the same time.

50% 

of US men between the ages of 51 and 60 are affected by BPH.

BENIGN PROSTATIC HYPERPLASIA



Understanding the Importance of Your Prostate

The prostate is part of the male reproductive system. It is about the size and shape of a walnut and weighs about an ounce. This gland is found below the bladder and in front of the rectum. It goes all the way around the urethra, which carries urine from the bladder out through the penis.

The prostate's main job is to make fluid for semen. During ejaculation, sperm made in the testicles moves to the urethra. At the same time, fluid from the prostate and the seminal vesicles also moves into the urethra. The mixture (semen) goes through the urethra and out through the penis.

Your prostate can become larger as you age. Prostate growth begins around the age of 40-50 and is a normal part of aging. Eventually this growth leads to BPH.



Signs and Symptoms of BPH?

While BPH is a benign condition, the bothersome urinary symptoms associated with BPH can greatly affect your quality of life. You have taken a big step in coming in for an evaluation today and we are ready to help!

You are likely experiencing one or more of the following symptoms:

- Frequent need to urinate both day and night
- Weak or slow urinary stream
- Sense that you cannot completely empty your bladder
- Difficulty or delay in starting urination
- Urgent feeling of needing to urinate
- A urinary stream that stops and starts

These symptoms are called lower urinary tract symptoms or LUTS and can be easily assessed with a simple questionnaire called the International Prostate Symptom Score (IPSS). This questionnaire is completed by you at the time of your visit and takes just five minutes to identify the severity of your bothersome urinary symptoms.



Symptoms that Require Immediate Medical Attention

Call your urologist immediately if you have blood in your urine, pain or burning during urination or you are unable to urinate. These symptoms could indicate a more serious condition that requires immediate medical attention.

Bladder Disease Progression

Potential risks associated with untreated BPH could include bladder retention (inability to urinate) and irreversible bladder damage. Changes to the bladder due to an enlarged prostate can lead to the need for a permanent bladder catheter.

Earlier interventional treatments that address the obstruction may help preserve bladder health and improve your quality of life. Our providers will perform simple baseline tests to determine the severity of your symptoms and help you understand your options as you walk together through your BPH Care Plan.

Up to

90%



**of men over the age
of 80 have BPH.**

BENIGN PROSTATIC HYPERPLASIA DIAGNOSIS



How is BPH Diagnosed?

If BPH is suspected, simple tests performed during your initial evaluation will help your doctor to diagnose the severity of your bothersome urinary symptoms and put you on a pathway to wellness. Tests will vary from patient to patient, but the most common tests include:

- Personal / family medical history
- Physical examination
- Prostate Symptom Score survey (IPSS)
- Urinalysis or “urine test”
- Post-void residual (PVR)
- PSA: if indicated

Additional diagnostic studies may be performed to evaluate your bladder health and disease progression.



How Severe Are Your Symptoms?

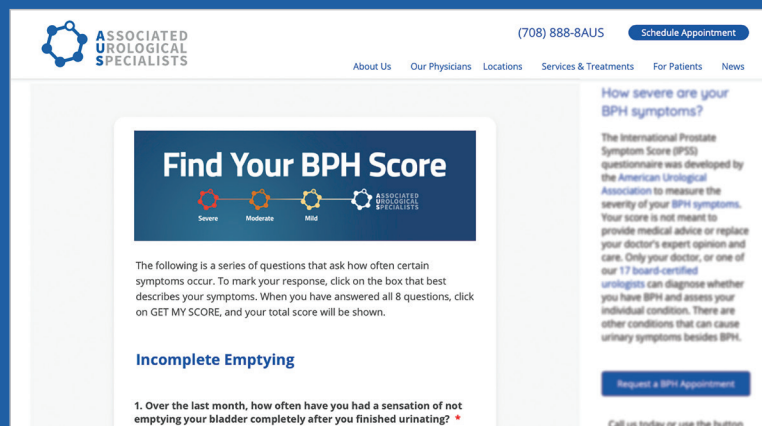


The International Prostate Symptom Score (IPSS) is a common method for screening and diagnosing benign prostatic hyperplasia. The survey asks seven urinary symptoms questions and one quality of life question to help determine the severity of your BPH. You will be asked to fill this out at the beginning of your treatment for a baseline as well as several times throughout treatment so your progress may be monitored.

Your score is not meant to provide medical advice or replace your doctor's expert opinion and care. Only your doctor can diagnose whether you have BPH and assess your individual condition. There are other conditions that can cause urinary symptoms besides an enlarged prostate.

What's Your Score?

You can find your BPH symptom score on our website by answering a series of questions that ask how often certain symptoms occur. When you have answered all eight questions, click on **GET MY SCORE**, and your total score will be calculated.



GET YOUR BPH SCORE ONLINE AT:
auspecialists.com/bph-symptom-score

Benign Prostatic Hyperplasia (BPH) Care Plan

BPH PATIENT EVALUATION

LUTS Patient Intake

(Lower Urinary Tract Symptoms)

- History / Physical
- IPSS (International Prostate Symptom Score)
- Urinalysis
- PVR / Bladder Scan
- PSA (if indicated)
- BPH Care Plan

MILD SYMPTOMS

IPSS < 8

MODERATE TO SEVERE SYMPTOMS

- IPSS ≥ 8
- PVR > 100cc
- Medical Therapy (if indicated)

URINARY RETENTION NEUROLOGIC CONDITIONS MAXIMUM MEDICAL THERAPY

RECOMMEND: BEHAVIOR
MODIFICATION AND/OR
MEDICAL THERAPY

FOLLOW-UP 4 wk.

EFFECTIVE

INEFFECTIVE

FOLLOW-UP
6 - 12 Mo.
UroCuff to Assess
Bladder Health

If PVR > 250 or
History of UTI:
Consider Renal Ultrasound

UROCUFF

Unobstructed

CYSTOSCOPY PROSTATE ULTRASOUND

Obstructed

MIT
(Minimally Invasive Therapy)
OR Optimize Medical Therapy

EFFECTIVE

INEFFECTIVE

FOLLOW-UP
6 - 12 Mo.
UroCuff to Assess
Bladder Health

Non-
Obstructed

Predominant
Irritative Symptoms

CYSTOSCOPY PROSTATE ULTRASOUND

URODYNAMICS

MIT
(Minimally Invasive Therapy or
Optimize Medical Therapy)

FOLLOW-UP

**BLADDER
PROTOCOL****

FOLLOW-UP

*Lifestyle & consumption changes

**CIC, bladder drills, voiding diary, OAB protocol

Your BPH Care Plan

Associated Urological Specialists provides expert care in BPH. Our 17 board-certified urologists will take the time to work with you to customize a treatment plan that meets your expectations and improves your quality of life.

The following section describes the types of treatment that are most commonly used for BPH and enlarged prostate.



Conservative Management or Behavior Modification

- Limit beverages in the evening
- Limit caffeine and alcohol consumption
- Follow a healthy diet and stay active
- Prostate Symptom Score survey (IPSS)
- Urinalysis or "urine test"
- Post-void residual (PVR)
- PSA: if indicated



Medical Management

Alpha Blockers

Medications designed to relax the smooth muscle in the prostate and bladder neck to allow urine to flow better. Common side effects can include: dizziness, fainting, headaches, lightheadedness and low blood pressure. They may also lead to retrograde ejaculation. This is when sperm go backwards into your bladder instead of out through your penis during orgasm. It is not harmful, but it means you will ejaculate very little or no semen.

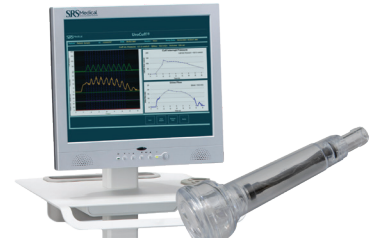
5 Alpha-Reductase Inhibitors

Medications designed to shrink the size of the prostate. These can take up to 6 months for maximum effect and may be prescribed in conjunction with an alpha blocker. Common side effects can include: erectile dysfunction, lower sex drive and retrograde ejaculation.

Diagnostic Studies

UroCuff

The UroCuff Test provides your urologist with information about your bladder function to better understand the causes of your symptoms. The UroCuff is a non-invasive diagnostic test for male urinary disorders (LUTS). This test allows your urologist to collect important data about your bladder function while you urinate and can provide better answers about your symptoms.



Cystoscopy

A cystoscopy is a diagnostic prostate exam performed by your urologist in their office to determine the cause of your symptoms and best treatment options. This brief procedure typically takes about 5 minutes. Cystoscopy enables your urologist to view your anatomy in order to: assess bladder health, confirm diagnosis of an enlarged prostate, assess which BPH procedure may be most appropriate for you and rule out other bladder conditions.

Prostate Ultrasound

A prostate ultrasound is a quick and very precise method to determine prostate volume measurement, which is important in choosing the correct procedure.

Office Based Procedures

UroLift® System

The UroLift System is a minimally invasive procedure to treat an enlarged prostate. It is a proven option for patients looking for an alternative to medications or major surgery. It is the only procedural approach to treating an enlarged prostate that does not require any cutting, heating or destruction of the prostate tissue with preservation of sexual function.

UROLIFT®

The UroLift System uses a revolutionary approach to treating BPH that lifts and holds the enlarged prostate tissue so it no longer blocks the urethra. The UroLift System has been proven safe and effective and provides rapid relief of your troublesome urinary symptoms. It is the only leading BPH procedure shown to not cause new and lasting sexual dysfunction.

Rezūm®

Rezūm Water Vapor Therapy is a non-surgical treatment that uses the natural energy stored in water vapor, or steam, to remove excess prostate tissue that is pressing on the urethra. During each 9-second treatment, sterile water vapor is released throughout the targeted prostate tissue. Your doctor will determine the number of treatments you need based on the size of your prostate. Over time, your body's natural healing response absorbs the treated tissue, shrinking the prostate. Some patients begin to experience symptom relief in as soon as two weeks with maximum benefit seen after three months. AUS is a Rezūm Center of Excellence, and was the first in Chicagoland.

rezūm®



One Final Note

Finding the appropriate BPH treatment for each individual patient becomes a shared decision as you move along the BPH Care Plan. Our surgeons have extensive experience with each of these procedures and we look forward to discussing your options. We are committed to excellence in the treatment of all urologic conditions and we appreciate the choice you made to entrust us with your care.

BPH



Outpatient Surgical Options

There are also several outpatient surgical options used for the treatment of BPH that are all performed endoscopically, with no incisions and minimal blood loss. During all of these procedures, a scope is placed into the urethra and the prostate is visualized directly and a laser is utilized to vaporize the enlarged prostate tissue.

GreenLight™ Laser Therapy

One of these procedures is a photoselective vaporization of the prostate, also known as the GreenLight Laser Therapy. Our Board-Certified urologists have extensive experience with GreenLight laser vaporization of the prostate which is a minimally invasive option for patients with larger prostates.



TURP

Another procedure in this manner is a bipolar transurethral resection of the prostate, or TURP, in which bipolar energy is used to resect overgrown prostate tissue. Again, our board-certified urologists have years of success with this treatment.



Finding the best BPH treatment for each patient, based on their diagnosis, comfort levels and needs, not only separates Associated Urological Specialists (AUS) from others, but it provides a more effective manner in which a patient's BPH can be treated so it no longer becomes an issue. Make an appointment today. We are committed to being the top BPH treatment center in southside Chicago and northwest Indiana.

Surgical Options for Very Large Prostates

Aquablation®

Aquablation therapy is a resective procedure, meaning that the prostate tissue causing symptoms is removed. No incision is made, as the prostate is reached through the urethra. It can be performed on prostates of any size and shape and the only procedure that combines a camera (called a cystoscope) with ultrasound imaging, giving the surgeon the ability to see the entire prostate in real time.



Simple Prostatectomy

(Open & daVinci Robotic) Simple prostate removal, or prostatectomy, is a procedure to remove the inside part of the prostate gland to treat an enlarged prostate. It is done through a surgical cut in your lower belly.



AUS Office Locations

Chicago

2315 E. 93rd Street, Suite 337
Chicago, IL 60617
(708) 423-8706

Chicago Ridge

10400 Southwest Highway
Chicago Ridge, IL 60415
(708) 423-8706

Orland Park

16522 South 106th Court
Orland Park, IL 60467
(708) 590-8765

16632 South 107th Court
Orland Park, IL 60467
(708) 349-6350

15234 South Harlem Ave.
Orland Park, IL 60462
(708) 633-4544

Evergreen Park

2850 West 95th Street, Suite 202
Evergreen Park, IL 60805
(708) 422-2242

2850 West 95th Street, Suite 200
Evergreen Park, IL 60805
(708) 590-8765

Homewood

17901 Governors Highway, Suite 202
Homewood, IL 60430
(708) 957-0220

To find out more or make an appointment online, simply take a picture of this QR code with your phone. It will give you a direct link to the BPH section of our website.



Scan me



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