

Benign Prostatic Hyperplasia Patient Education

Patient Navigation

What is BPH?



Benign Prostatic Hyperplasia, also known as BPH or enlarged prostate, is a non-cancerous enlargement of the prostate. As men age, the prostate continues to grow. Over time, this enlargement can cause prostate tissue to block the urethra which affects urination. Generally, men may notice BPH symptoms once they reach their 50s. However, not every man will experience symptoms associated with an enlarged prostate. For those who do, there are many treatment options available to remove prostate tissue blockage and improve urine flow.

Common Symptoms The prostate surrounds the urethra just below the bladder. As the prostate grows, it can trigger symptoms that irritate or obstruct the bladder.

Common symptoms of BPH include:

- Weak stream
- Starting and stopping
- Delay in stream
- Daytime frequency
- Nocturia – nighttime frequency
- Incomplete emptying
- Dribbling
- The inability to urinate

Risk Factors

The following are risk factors associated with BPH:

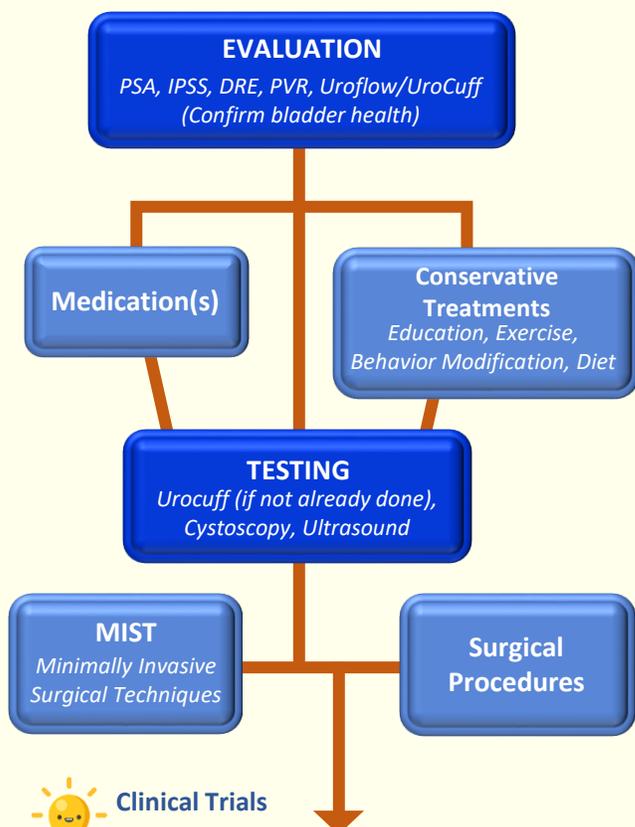
- Aging
- Diabetes
- Family history
- Heart Disease
- Obesity

Patient navigation offers a personalized, 1-on-1 interaction between the navigator and individual patients. When a qualifying patient has been identified, an analysis will be made of their past care plan and treatments, how far they proceeded along the BPH care pathway and the effectiveness and consistency of treatments.

The role of the patient navigator is to help the BPH patient understand their diagnosis, coordinate communication between the patient and their provider, guide the patient through the care pathway, and help facilitate appointments.

BPH Navigation Pathway & Treatment Options

When patients are treated for BPH, our providers follow an algorithm of care as shown by this chart.



Clinical Trials
BPH is one of the fastest changing areas of urology with constant innovation and new, cutting edge, procedures available. We are proud to offer these treatments as part of a clinical trial. Ask your provider if you qualify and what options exist to participate in this opportunity.

Conservative

Medication – May be prescribed for bothersome symptoms, when the bladder is still emptying fairly well, kidney function is good and/or patients don't want to undergo procedures or surgery.

Watchful Waiting – Observation without any specific treatment.

Minimally invasive

Rezūm Water Vapor Therapy – Uses measured doses of super-heated steam to target excess prostate tissue and reduce obstruction.

UroLift – Uses permanent implants that hold the lobes of the enlarged prostate open to relieve obstruction.

Surgical

Aquablation – Robotically controlled waterjet ablation of tissue.

GreenLight Laser – Laser rapidly heats and vaporize excess prostate tissue, resulting in a larger channel for urine to pass through.

HoLEP – Laser enucleates (or cuts) overgrown prostate tissue into pieces.

Simple Prostatectomy – Removes the inside part of the prostate gland.

TURP – Transurethral resection of the prostate. A scope is inserted through the urethra to the excess tissue and is cut away with a small wire loop.

TUVP – A surgical instrument is inserted through the urethra to the overgrown tissue. A ball or special wire loop heats and vaporizes the tissue.



Call **512-410-3760 Option 2** to learn more about Urology Austin's BPH Navigation program.