

Benign Prostatic Hyperplasia (BPH) Media Fact Sheet

About the Prostate

- The prostate is a small but important gland in the male reproductive system located deep inside the groin, between the base of the penis and the rectum.
- It is important for reproduction because it supplies the seminal fluid, which mixes with sperm from the testes. Seminal fluid helps the sperm to travel and survive.¹
- As men age, the prostate can grow from the size of a walnut to about the size of a lemon. It's not clear why the prostate grows like this, but it's believed certain male hormones such as dihydrotestosterone tend to act more strongly on the prostate gland later in life.²
- Because the prostate is located just below the bladder, when it becomes larger it can place pressure on the urethra, the tube that carries urine from the bladder through the penis and out of the body.

Benign Prostatic Hyperplasia

- Benign prostatic hyperplasia (BPH) is a condition in which a man's prostate becomes enlarged and obstructs the flow of urine. It causes frustrating symptoms, including frequent urination; weak, interrupted urine stream; difficulty starting and stopping urination; feeling a sudden urge to urinate; inability to urinate when needed; and lack of control over urination.
- While the exact cause is unclear, prostate growth is generally associated with aging, as BPH becomes more common as men get older. BPH most commonly starts after 40 years of age. By age 60, half of all men will have an enlarged prostate. By age 85, the proportion reaches 90%.²
- Other risk factors for BPH include family history, obesity, heart disease and diabetes.³

Diagnosis and Treatment

- A doctor may do a number of things to find the cause of urinary problems, including: taking a medical history and description of symptoms; a physical examination; blood or urine tests; and sometimes ultrasound or digital rectal exam.⁴
- A wide variety of treatment options are available for BPH, including:
 - **Watchful waiting** if symptoms aren't too bothersome and no complications arise.
 - **Behavioral modification**, such as drinking fewer liquids before bed, drinking less caffeine and alcohol, or avoiding over-the-counter medications such as decongestants or antihistamines that can make prostate problems worse.
 - **Medication** may help to minimize symptoms or growth of the prostate when symptoms become more advanced.
 - **Minimally invasive therapies** are available when medication alone does not relieve symptoms of BPH, or when patients prefer not to take pills daily or experience medication-related side effects.

- **Surgery** is sometimes necessary for larger prostates or medically complicated patients.
- Medication is the most common first-line treatment for mild to moderate symptoms of prostate enlargement; however, minimally invasive or surgical therapy might be recommended if symptoms are moderate to severe, medication doesn't relieve the symptoms, or the patient has other health issues.

Rezūm™ Water Vapor Therapy

- Rezūm™ Water Vapor Therapy is an in-office treatment for men looking to treat BPH, not just the symptoms. It uses natural water vapor to reduce the size of the prostate and provide lasting symptom relief from BPH without invasive surgery or the potential side effects of prescription drugs.⁵
- During the Rezūm Therapy, which takes place during one short office visit, natural water vapor is released throughout the targeted prostate tissue. When the steam contacts the tissue and turns back into water, energy is released, killing the excess prostate cells that squeeze the urethra. Over time, the body's natural healing response absorbs the dead cells and shrinks the prostate. With the extra tissue removed, the urethra opens, relieving BPH symptoms.
- Clinical studies support that Rezūm Therapy relieves BPH symptoms safely and effectively, eliminating the need for BPH medications while also preserving sexual functions.³ Without the need of a permanent implant, this natural treatment option removes the excess BPH tissue and thereby treats the disease and not just the symptoms. It helps most men see symptom improvement within a few weeks and return to regular activities within a few days after treatment.^{3*}
- For more information about BPH and Rezūm Therapy, visit [Rezūm.com](https://www.Rezum.com).

¹ Medical News Today. "What is the Prostate Gland?" <https://www.medicalnewstoday.com/articles/319859.php>.

² Harvard Health Publishing. "The growing problem of an enlarged prostate gland" <https://www.health.harvard.edu/mens-health/the-growing-problem-of-an-enlarged-prostate-gland>.

³ McVary KT, Gange SN, Gittelman MC, et al. Minimally invasive prostate convective water vapor energy ablation: A multicenter, randomized, controlled study for the treatment of lower urinary tract symptoms secondary to benign prostatic hyperplasia. *J Urol*. 2016 May;195(5):1529-38.

⁴ Urology Care Foundation. "How is BPH diagnosed?" [https://www.urologyhealth.org/urologic-conditions/benign-prostatic-hyperplasia-\(bph\)/diagnosis?article=59](https://www.urologyhealth.org/urologic-conditions/benign-prostatic-hyperplasia-(bph)/diagnosis?article=59).

⁵ McVary KT, Rogers T, Roehrborn CG. Rezūm water vapor thermal therapy for lower urinary tract symptoms associated with benign prostatic hyperplasia: 4-year results from randomized controlled study. *Urology*. 2019 Apr;126:171-9.

*Dependent on individual clinical situation and healing response.

Rezūm.com is a website sponsored by Boston Scientific.

Caution: U.S. Federal law restricts this device to sale by or on the order of a physician.

All trademarks are the property of their respective owners.

© 2019 Boston Scientific Corporation or its affiliates. All rights reserved. URO-699006-AA DEC 2019