



Benign Prostatic Hyperplasia (BPH) Treatment Options

	Watchful Waiting	Daily Medication		Minimally Invasive Therapy		Surgical Procedure			
	 Behavioral Modifications	 Alpha-Blockers	 5-Alpha Reductase Inhibitors	 Water Vapour Therapy	 Prostatic Urethral Lift (PUL)	 Laser Therapy		 Transurethral Resection of the Prostate (TURP)	 Prostatectomy
						Vaporisation	Endoscopic Anatomical Enucleation		
What Is It?	May involve lifestyle modification such as adjusting diet, evening fluid intake, medication use and exercise patterns ¹	Helps to relax the muscles in the bladder and prostate, allowing urine to flow more freely ⁴	Designed to stop the growth or shrink the prostate by lowering production of the hormone DHT (a male sex hormone) ⁵	This therapy uses the natural energy stored in water vapour to shrink excess prostate tissue	A procedure that utilises permanent implants to lift and hold the enlarged prostate tissue out of the way, so it no longer blocks the urethra	This procedure uses laser to vaporise and remove prostate tissue	The procedure involves the removal of the prostatic adenoma followed by division and removal of the prostatic tissues ¹⁵	A procedure that uses a heated wire to cut tissue from the prostate	A procedure that involves surgical removal of the inner portion of the prostate via an incision in the lower abdominal area ³
Proven Volume Reduction?	No	No	Yes ⁵	Yes ⁶	No	Yes ¹⁰	Yes ^{15, 17}	Yes ¹¹	Yes ¹³
Permanent Implant?	No	No	No	No	Yes	No	No	No	No
Surgical Retreatment Rate	N/A 19 % were satisfied with lifestyle changes as a treatment ²	N/A 71 % stop taking their medication within a year ²		4.4 % ⁶	13.6 % ⁸	4.8 % ¹⁰	HoLEP has a 95% reoperation-free probability at 10 years ¹⁵	5.8 % ¹²	2.7 % ¹²
Potential Side Effects [*]	<ul style="list-style-type: none">• Symptoms may worsen or remain unchanged³• If your prostate continues to grow, you may have reduced options for minimally invasive intervention	<ul style="list-style-type: none">• Drop in blood pressure¹• Dizziness and/or fainting¹• Fatigue¹• Drug interactions with other medications³	<ul style="list-style-type: none">• Erectile dysfunction¹• Lowered sexual drive¹• Ejaculatory dysfunction¹• Breast enlargement¹	<ul style="list-style-type: none">• Painful or frequent urination^{**7}• Blood in the urine^{**7}• Blood in semen^{**7}• Decrease in ejaculatory volume^{**7}• Urinary tract infection (UTI)^{**7}• Inability to urinate or completely empty the bladder^{**7}• Urgent need to urinate^{**7}	<ul style="list-style-type: none">• Painful or frequent urination^{**9}• Blood in the urine^{**9}• Pelvic pain^{**9}• Urgent need to urinate^{**9}• Urinary stone^{**9}• Inability to urinate or completely empty the bladder^{**9}• Painful ejaculation^{**}	<ul style="list-style-type: none">• Painful or frequent urination^{**11,18,19}• Urinary tract infection (UTI)^{**11,18,19}• Inability to urinate or completely empty the bladder^{**11,18,19}• Bleeding^{**11,18,19}• Urinary incontinence^{**11,18,19}• Scarring and narrowing of the urethra^{**11,18,19}• Narrowing of the bladder neck (area of the bladder that connects to the urethra)^{**11,18,19}• Dry orgasm^{**11,18,19}• Erectile dysfunction^{**11,18,19}	<ul style="list-style-type: none">• Urinary incontinence¹⁶• Dry orgasm¹⁷• Erectile dysfunction¹⁶• Restriction of blood flow¹⁵• Hematuria¹⁵	<ul style="list-style-type: none">• Painful or frequent urination^{**13,19}• Urinary tract infection (UTI)^{**13,19}• Inability to urinate or completely empty the bladder^{**13,19}• Bleeding^{**13,19}• Urinary incontinence^{**13,19}• Scarring and narrowing of the urethra^{**13,19}• Narrowing of the bladder neck (area of the bladder that connects to the urethra)^{**13,19}• Urinary incontinence^{**13,19}• Dry orgasm^{**13,19}• Erectile dysfunction^{**13,19}	
<div><div>* This is not a complete list of all side effects associated with each treatment. You should speak with your doctor about the risks associated with each treatment option</div><div>Learn more on myProstateInfo.co.uk or scan the QR-Code:</div></div>									

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* When daily dosages are taken as directed.

* Based on 5-year data from randomized controlled study. Only includes surgical retreatment rate.

** Dependent on individual clinical situation and healing response.

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