

OLD PROSTATE TREATMENT METHODS GO UP IN SMOKE!

As men age over 40, they may start noticing some changes in their bathroom habits. The need to urinate during the middle of the night, sometimes as many as three times, can leave a person feeling sluggish and tired the following day. If this persists, it can become quite annoying and ultimately lead to chronic exhaustion, irritability, and a life revolving around the next bathroom. Heading to the bathroom every hour or two at work and making frequent pit stops while traveling can pose significant quality of life issues.

The culprit is often time the prostate gland. The prostate is a walnut-sized gland at the base of the bladder. In a common condition known as benign prostatic hyperplasia (BPH), the gland grows larger and constricts the urine flow. The prostate clamps the urethra like a garden hose. As a result, there is a poor stream, poor emptying of the bladder, and consequently, increased urinary frequency and annoying trips to the bathroom at night. More than half of men in aged 60 experience some symptoms of BPH and by age 80, as many as 90 percent of men have the condition.

For years there was only one treatment for BPH called a “transurethral resection of the prostate” or TURP. In this procedure, the urologist cores out the center of a man’s prostate under anesthesia in order to open the urinary channel and restore the flow of urine.

Over the past few years, there have been several attempts at developing a procedure to treat the enlarged prostate with less invasive means. These include balloon dilation, TUNA (transurethral needle ablation), microwave thermal therapy. All of these methods are performed somewhat as an act of faith that they will be effective but these newer treatments are only a little more effective than drugs and less invasive than surgery. None of them come close to rivaling the “gold standard” TURP.

The revolutionary GreenLight PVP (Photoselective Vaporization of the Prostate) is a new technique utilizing a high powered laser to immediately vaporize and precisely remove enlarged prostate tissue. This unique, minimally invasive procedure offers a simple solution to BPH, and causes minimal discomfort. The GreenLight PVP has been proven to deliver immediate relief and quick recovery.

The laser procedure is performed in a hospital or ambulatory surgery center. The GreenLight laser utilizes a specially designed high power laser that emits a beam from the side of a small fiber, not from the end. Therefore, once placed in the urethra, the laser can deliver its power directly to the prostatic tissue. Once the prostate tissue absorbs the energy from the laser, the tissue vaporizes very efficiently. In addition to the vaporization effect, the laser beam induces a thin coagulation zone in the remaining tissue. Thus, the urologist destroys the tissue

in a virtually bloodless procedure. Most patients return home a few hours after the procedure and can return to normal, non-strenuous activities with days.

There is no age limit as to who can be treated with the GreenLight laser for BPH. Patients should present with symptomatic BPH diagnosed using standard clinical practices. Patients who have retention of urine from prostates of all sizes and configurations can be treated. Those patients who fail more conservative measures such as TUNA or microwave are also good candidates. Patients who have failed drug therapy or choose to discontinue drug therapy due to side effects or cost of the medication often seek the GreenLight laser to solve their urinary problems.

The GreenLight laser treatment is currently the best option for men who have BPH symptoms of frequent urination, the sudden need to urinate, dribbling or leaking, or a weak urinary stream. For more information about the GreenLight laser procedure, please call **Dr. David Schwartzwald, M.D. at 561-483-5995 in Boca Raton.**