

TREATMENT OF BPH

There are many treatment options for benign prostatic hyperplasia (BPH) depending upon the symptom and severity. The best treatment choice depends on several factors, including:¹



The main treatment options for BPH are as follows:¹

- **Watchful waiting/active surveillance**
This strategy is beneficial for patients with mild symptoms.
- **Medical therapies**
This first-line treatment is beneficial for men with moderate-to-severe BPH.
- **Minimally invasive surgeries**
Minimally invasive surgeries are office-based surgeries for patients with many medical problems who are not fit for major surgery and anaesthesia:
 - Have symptoms that are moderate to severe
 - Have urinary tract obstruction, bladder stones and/or blood in the urine
 - Are unable to empty their bladder completely
 - Have prostate bleeding
 - Urinate very slowly
 - Have taken medications that did not work or had unacceptable sexual side effects.
- **Laser surgeries**
Laser therapy generally relieves symptoms right away and has a lower risk of side effects than non-laser surgery. Laser therapy can be used in men who do not qualify for other prostate procedures since they are on treatment with blood-thinning medications.
- **Non-laser major surgeries**
These are standard surgeries for small to moderately large prostates that involve resection or enucleation or vaporization, electro-vaporization, water-jet ablation of obstructing part of prostate under major anaesthesia in similar situations as above.

Complications & red flags in BPH:²

- Benign prostatic hyperplasia (BPH) rarely has complications. When it does, they are often due to severe obstruction of the urine flow. These complications include:
 - Sudden inability to urinate
 - Urinary tract infections (UTIs)
 - Bladder stones
 - Bladder damage
 - Kidney damage
 - Erectile dysfunction
- Symptoms of BPH can also mask the presence of more serious conditions such as prostate cancer.

When to see a doctor?³

- **Men with the following symptoms should seek immediate medical care:**
 - Complete inability to urinate
 - Painful, frequent, and urgent need to urinate, with fever and chills
 - Blood in the urine
 - Severe discomfort or pain in the lower abdomen and urinary tract

Management of complications²

- Early recognition of BPH complications allows management that is more effective.
Symptoms of BPH recognized early in treatment helps to avoid potentially dangerous complications.



BPH: Benign prostatic hyperplasia. **References:** 1. Urology Care Foundation [Internet]. Linthicum, Maryland, United States of America: Urology Care Foundation; 2019 May [cited 2019 Jun 1]; [about 20 screens]. Available from: [https://www.urologyhealth.org/urologic-conditions/benign-prostatic-hyperplasia-\(bph\)](https://www.urologyhealth.org/urologic-conditions/benign-prostatic-hyperplasia-(bph)). Last accessed 04.05.2020. 2. Speakman MJ, Cheng X. Management of complications of BPH/BOO. Indian J Urol. 2014 Apr-Jun;30(2):208-13. doi: 10.4103/0970-1591.127856. 3. The National Institute of Diabetes and Digestive and Kidney Diseases Health Information Center [Internet]. Bethesda, Maryland, United States of America: The National Institute of Diabetes and Digestive and Kidney Diseases Health Information Center; 2014. Prostate Enlargement (Benign Prostatic Hyperplasia); 2014 [cited 2019 May 23]; [about 36 screens]. Available from: <https://www.niddk.nih.gov/health-information/urologic-diseases/prostate-problems/prostate-enlargement-benign-prostatic-hyperplasia>. Last accessed 04.05.2020.

Disclaimer: This material is for general awareness only. The information mentioned herein is not intended nor implied to be a substitute for professional medical advice, diagnosis, or treatment. Please consult your doctor/a healthcare professional before starting any treatment/medicine. Cipla Limited makes no representations as to the accuracy, completeness, correctness, suitability, or validity of any information mentioned herein and is NOT intended for any product promotion, NDR advertisement of any health care professionals or doctors. No part of this may be reproduced, transmitted or stored in any form or by any means either mechanically or electronically without prior intimation to Cipla.

Issued in public interest by Cipla. | T & C Apply. Visit www.cipla.com

SCAN THE QR CODE TO VISIT



Expiry date- Jan 2021