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# Management Options for Benign Prostate Hyperplasia

Your Guide to Understanding Your Treatment Choices

Based on the 2026 AUA Guidelines



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## What is BPH?

### Benign Prostate Hyperplasia

(BPH) is a non-cancerous enlargement of the prostate gland that commonly affects men as they age.

As the prostate grows, it can press on the urethra and cause urinary symptoms such as:

- Frequent or urgent need to urinate
- Difficulty starting urination
- Weak urine stream or dribbling
- Getting up multiple times at night
- Feeling the bladder hasn't fully emptied

**50%** of men over 50  
are affected

**80%** of men over 80  
have BPH

**#1** reason men visit  
a urologist

# Watchful Waiting & Lifestyle Changes

For mild symptoms, your doctor may recommend monitoring with regular check-ups and simple lifestyle adjustments before starting medication.



## Active Monitoring

- Annual check-ups with your doctor
- Symptom tracking using validated scores
- Prostate size monitoring
- **~79% of patients remain stable over 5 years**



## Lifestyle Adjustments

- Reduce fluids before bedtime
- Limit caffeine and alcohol
- Avoid decongestants & antihistamines
- Practice timed voiding
- Stay active and maintain healthy weight

# Medications

First-line treatment for moderate to severe symptoms. Your doctor may prescribe one or a combination.

## Alpha-Blockers

### Fast-acting relief

- Relax prostate & bladder neck muscles
- Improve urine flow within days
- Examples: tamsulosin, alfuzosin
- May cause dizziness or low blood pressure

## 5-Alpha Reductase Inhibitors

### Long-term shrinkage

- Shrink prostate over 6-12 months
- Best for larger prostates (>40 cc)
- Examples: finasteride, dutasteride
- Can be combined with alpha-blockers

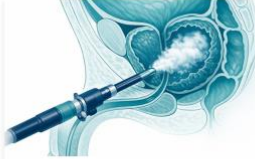



## PDE5 Inhibitors (Tadalafil)

### Dual benefit

- Daily low-dose relaxes smooth muscle
- Also treats erectile dysfunction
- Newer AUA guidelines support combos
- Preserves ejaculatory function

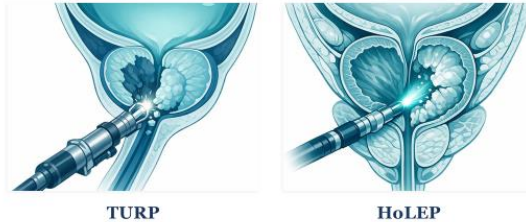
# Minimally Invasive Procedures

Office-based or same-day procedures with faster recovery and preserved sexual function.

			
<p><b>Rezum</b> <i>Steam Therapy</i></p> <p>Prostate: 30-80g Success: 70-80% Recovery: 2-7 days Ejac. Preserved: 95%+</p>	<p><b>UroLift</b> <i>Prostatic Lift</i></p> <p>Prostate: 30-80g Success: 87% Recovery: 2-7 days Ejac. Preserved: 95%+</p>	<p><b>iTIND</b> <i>Temporary Implant</i></p> <p>Prostate: 25-60g Success: 75-80% Recovery: 1-2 wks Ejac. Preserved: 90%+</p>	<p><b>Aquablation</b> <i>Robotic Waterjet</i></p> <p>Prostate: Up to 150 mL Success: 90%+ Recovery: 1-2 wks Ejac. Preserved: Variable</p>

# Surgical Options

For moderate to severe symptoms, larger prostates, or when medications are not effective enough.








Procedure	Size	Success	Recovery
TURP	30-80g	85-90%	2-4 wks
HoLEP	30-200g+	98%	1-2 wks
Laser (GreenLight)	Most sizes	85-90%	1-2 wks
Robotic Prostatectomy	100g+	95%+	2-4 wks

*TURP remains the traditional gold standard. HoLEP offers the best long-term durability, especially for larger prostates.*

**HoLEP:** Lowest retreatment rate (2% at 10 years), works for all prostate sizes. **GreenLight:** Same-day discharge, safe on blood thinners.

# Choosing the Right Treatment

Treatment depends on several individual factors. Discuss these with your doctor:

-  Symptom severity and how much they bother you
-  Prostate size (small, medium, or large)
-  Whether medications have been tried already
-  Recovery time and return-to-activity goals
-  Sexual function priorities (ejaculation, erections)



*Shared decision-making with your doctor is central to the 2026 AUA guidelines.*

## Key Takeaways

- 1** BPH is very common and not cancerous — effective treatments are available at every stage.
- 2** Mild symptoms often improve with simple lifestyle changes and regular monitoring.
- 3** Medications can significantly reduce symptoms; newer combinations offer added benefits.
- 4** Minimally invasive procedures preserve sexual function with quick recovery times.
- 5** Surgery provides the most durable results for larger prostates or severe symptoms.

**Talk to your Brisbane Urologist about which option is right for you**