Benign prostatic hyperplasia (BPH) is one of the most common diseases facing ageing men and significantly impacts quality of life by causing lower urinary tract symptoms (LUTS). Many men don’t seek medical advice about their symptoms because they’re embarrassed, or are unaware that effective treatment options are available. Therefore, it’s important to actively address this issue with your patients.

While medical therapies can be effective for men with mild to moderate symptoms, they can be associated with significant ongoing cost as well as potential long-term undesirable side effects. In addition, many men just don’t derive sufficient improvement in their symptoms from medication. Although conventional surgery (TURP, bladder neck incision, laser ablation of prostate) can be very effective for LUTS, full recovery from surgery can take some weeks and irritative symptoms and bleeding can cause significant distress. In addition, for sexually active men, the common side-effect of retrograde ejaculation can be a strong deterrent to proceeding with conventional surgery.

It’s exciting therefore to let you know about a new, minimally invasive treatment option for patients with moderate to severe LUTS secondary to BPH called the UroLift® System. The UroLift System directly opens the urethra by retracting the obstructing prostatic lobes without cutting, heating or removing prostate tissue. The prostatic lobes are retracted by using small permanent implants.

Clinical data has shown the following:

- Rapid symptom relief as early as 2 weeks post-procedure with only mild urinary discomfort post-procedure during the recovery period
- The procedure can be performed as day surgery procedure and some patients may not need post treatment catheterisation
- There have been no reports of new onset of sexual dysfunction, retrograde ejaculation or permanent erectile dysfunction
- The most common adverse events reported include haematuria, dysuria, micturition urgency, pelvic pain, and urge incontinence. Most symptoms were mild to moderate in severity and resolved within two to four weeks after the procedure

UroLift is a real advance in the management of BPH. It provides greater and more permanent improvement in urinary symptoms than medication, and is associated with a much quicker recovery than conventional surgery, with negligible risk of retrograde ejaculation. It’s an excellent option for many men suffering the impact of BPH related urinary obstruction.

If you have any patients who may have urinary symptoms from BPH, or who are currently on medical therapy for bladder outflow obstruction, I would welcome the opportunity to discuss the benefits of the UroLift system with them.

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