BPH Patient Education Seminar

Learn about Enlarged Prostate Solutions

Presented by
{Physician Name}
Understanding the Prostate
Common Symptoms of Prostate Disorders

• Increased frequency of urination especially at night
• Sudden or urgent need to urinate
• Painful or difficult urination
• Slow flow of urine and difficulty in stopping
• Terminal dribbling or leaking
• Incomplete emptying of the bladder
Protecting Your Prostate

• High levels of stress, obesity, cigarette smoking and inactivity have all been linked with increased risk of prostate disease\(^1\)
  – Reduce stress
  – Eat healthy
  – Keep active
  – Quit smoking/tobacco use
Assessing Your Prostate Health

• Begin regular prostate exams at age 50 *(or sooner if you are experiencing symptoms or have high-risk factors)*

• Know your Urology numbers
  - **AUASS** is the American Urological Association Symptom Score demonstrates symptom severity of BPH
  - **Prostate Specific Antigen (PSA)** indicates issues with the prostate including cancer
  - **Testosterone Level** is central to a man’s sex drive, energy level, muscle strength and bone density
Common Disorders

- **Prostatitis** - Swelling or infection of the prostate gland
- **Low Testosterone** - decreased functional activity of the testes
- **Erectile Dysfunction** – Inability to maintain an erection sufficient for satisfying sexual activity
- **Benign Prostatic Hyperplasia** – Enlargement of the prostate gland
- **Prostate Cancer** - Malignant (cancerous) cells form in the prostate tissue
Enlarged Prostate: Most Common Condition

- BPH is in the top 10 of the most commonly diagnosed diseases in men over the age of 50\(^2\)
- 50%+ of men in their 50s experience BPH symptoms\(^3\)
- 90% of men in their 70s and 80s experience BPH symptoms\(^3\)
What is Benign Prostatic Hyperplasia (BPH)?

- Prostate cells begin to increase in number
- Compresses the urethra making it difficult to urinate
- Not cancerous or life threatening
- Can be very bothersome and impact quality of life
- Can progress to more serious conditions
- Very common in men over 50 and advances with age
Normal Male Anatomy

Bladder

Prostate Gland

Urethra
BPH Signs and Symptoms

- Waking at night to urinate
- Frequent urination
- Sudden, uncontrollable urges to urinate
- Straining to start urinate
- Weak urine flow
- Dribbling after urination
- Feeling bladder is not completely empty
- Pain during urination
Potential Medical Consequences of BPH

- Urinary retention
- Urinary tract infections
- Bladder stones
- Blood in the urine
- Incontinence
- Decreased kidney function

Physician Evaluation

- Physical exam
- Symptom score rate
- Urinalysis
- Serum PSA
- Flow Rate
- Post-Void Residual
AUA Guidelines

Patient Assessment & Testing

Mild Symptoms?
AUASS <= 7 Or Not Bothersome
- Watchful Waiting

Moderate/Severe Symptoms?
AUASS >= 9 or Bothersome
- Discuss Treatment Options
  - Medical Therapy
  - In-Office Therapy
  - Surgery
Treatment Options

- Watchful Waiting
- Medication
- In-Office Therapy
- Surgery
Watchful Waiting

- Symptoms are fairly mild or not bothersome
- Ongoing assessments once or twice a year
  - Monitor symptom progression
  - Check disease progression
  - Check for infection and kidney/bladder stones
Herbal Supplements

• Not recommended by the American Urological Association
  – No evidence of efficacy
  – May increase your risk of bleeding or interfere with other medications you're taking

• Most popular supplements
  – Saw palmetto extract
  – Beta-sitosterol extracts
  – Pygeum
  – Ryegrass extract
  – Stinging nettle extract
Drug Therapy

• Common Options
  – Alpha-blockers
    (Cardura, Flomax)
  – 5-ARIs
    (Avodart, Proscar)
  – Combination Therapy
    (Jalyn)

• Drugs: Most Common Treatment Option
  – 94% of patients are treated with prescription medications, but 48% of patients do not show clinically significant symptom improvement⁵
Medication – Possible Side Effects

Alpha-Blockers
• Reduced blood pressure
• Headache
• Nasal congestion
• Pounding heartbeat
• Nausea
• Weakness
• Weight gain
• Floppy iris syndrome (IFIS)

5 ARIs
• Erectile dysfunction
• Lowered sexual drive (libido)
• Decrease in semen released during ejaculation
• Decrease PSA levels

Note: This list represents the most commonly reported side effects. Please discuss any questions you may have with your physician. Your physician can also provide you with a comprehensive list of all potential side effects.
Drug Therapy Advantages

✓ Simple to use
✓ Fast symptom relief (Alpha-blockers)
✓ Does not require surgery, anesthesia or a hospital stay (or associated side effects)
✓ Low rate of side effects
✓ Covered by Medicare and many private insurance companies
In-Office BPH Therapy

Common Options:

• Transurethral Microwave Therapy (TUMT) (Cooled ThermoTherapy)
  - Targeted heat to reduce excess prostate tissue in large glands

• Transurethral Needle Ablation (TUNA) (Prostiva RF Therapy)
  - Precisely targeted low-level RF energy for small glands or atypical prostates
During the Treatment

• Pre-procedure preparation 15-20 minutes

• Medications given for relaxation and comfort
  – Comfort levels are generally tolerable and reported between a 2-3 on a 10 point pain scale\(^6\)
  – New prostatic blocks being performed that may eliminate discomfort completely

• Procedure time usually less than 30 minutes

• Recovery time generally 15-20 minutes and will include post treatment instructions
After Treatment

• Go home shortly after treatment

• Urinary catheter or temporary stent may be required for a few days\textsuperscript{7,8}

• Return to normal activities within 24-48 hours\textsuperscript{8,9}

• Symptom improvement generally seen within 8 to 10 weeks of the treatment\textsuperscript{8,9}

• \textbf{Lasting} and \textbf{significant} relief from your symptoms\textsuperscript{6,7}
In-Office Therapy Advantages

✓ Very effective at relieving symptoms$^{6,7}$
✓ Proven long-lasting results$^{6,7}$
✓ Can eliminate need for chronic medication
✓ Lower risk than invasive surgical procedures
✓ Completed in urologist office in less than an hour - no hospitalization, general anesthesia or long recovery time
✓ Quick return to normal activities
✓ Low rate of side effects$^{8,9}$
✓ Covered by Medicare and many private insurance companies
# In-Office Therapy – Possible Side Effects

<table>
<thead>
<tr>
<th>TUMT</th>
<th>TUNA</th>
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</thead>
<tbody>
<tr>
<td>• Hematuria</td>
<td>• Obstruction (blockage)</td>
</tr>
<tr>
<td>• Dysuria</td>
<td>• Bleeding</td>
</tr>
<tr>
<td>• Blood in urine</td>
<td>• Blood in Urine</td>
</tr>
<tr>
<td>• Clots in urine</td>
<td>• Pain/Discomfort</td>
</tr>
<tr>
<td>• Painful or difficult urination</td>
<td>• Urgency to Urinate</td>
</tr>
<tr>
<td>• Rectal irritation</td>
<td>• Increase Urinary Frequency</td>
</tr>
<tr>
<td>• Temporary inability to control urination</td>
<td>• Urinary Tract Infection</td>
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<tr>
<td>• Inability to discharge semen in orgasm</td>
<td></td>
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<tr>
<td>• Brief inability to achieve or maintain an erection</td>
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</tbody>
</table>

**Note:** This list represents the most commonly reported side effects. Most of these side effects were temporary or mild and required minimal or no medical intervention.

Please discuss any questions you may have with your physician. Your physician can also provide you with a comprehensive list of all potential side effects.
Surgery

• Common Options
  – Transurethral Resection of the Prostate (TURP)
    Surgical removal of part of an enlarged prostate gland
  – Button TURP
    Prostate tissue removed through vaporization
  – Laser
    - Photoselective Vaporization (PVP or GreenLight)
    - Holmium Laser Prostatectomy (HoLAP)
    A laser (concentrated light) is used to generate intense heat to shrink or remove excess tissue
Surgery Advantages

✓ Immediate symptom relief\textsuperscript{10,11}
✓ Long history of success (TURP)
✓ Can eliminate need for chronic medication
✓ Covered by Medicare and many private insurance companies
Surgery Possible Risks/Side Effects

**TURP**
- Anesthesia issues
- Intracapsular perforation
- TUR Syndrome
- Transfusions
- Post-op pain/discomfort
- Infection
- Retrograde ejaculation
- Erection problems
- Painful Urination

**LASER**
- Temporary difficulty urinating
- Urinary tract infection
- Narrowing of the urethra
- Retrograde Ejaculation
- Erectile Dysfunction

*Please discuss any questions you may have with your physician. Your physician can also provide you with a comprehensive list of all potential side effects.*
A Winning Solution

- Urinary symptoms are a normal part of aging
- There are treatment options that can help you restore your quality of life
- If you are dissatisfied with your current therapy, please speak with your physician about what other therapies might be suited for you
Common Questions

• How comfortable will I be during the procedure?
• Are the results long-lasting?
• Are the procedures covered by my insurance?
REMINDER:
Complete and turn in the response cards!

For the Physician's Office

Thank you for attending this Patient Education Seminar!

Please complete this card if you would like the physician's office to contact you. Complete the back side if you have a question or would like to be contacted via mail.

☐ I am ready to schedule an appointment
☐ I already have an appointment

Name:
Phone:
Email:

For Urologix

Yes! I would like more information on In-Office BPH Therapy

Name:
Address:
City, State, Zip:
Email:

☐ Please include a list of qualified Urologists close to the following zip code:
Zip Code:

Signature:

Disclaimer:
This card is not a medical diagnosis, nor is it a substitute for professional medical advice. This card is intended to provide general information about Urologix and its products. If you have a medical question, please consult a qualified healthcare professional. Your privacy is important to Urologix. We take reasonable steps to protect your personal information. However, the security of your data cannot be guaranteed. 

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Thank you!
References


8. Data derived from the CTC Advance® Instructions for Use, 250348 Rev D 08/10

9. Data derived from the Prostiva® RF Therapy System User Guide 8930 CRMRef_R06

10. American Urological Association Guideline: Management of Benign Prostatic Hyperplasia (BPH), McVary et al. Revised 2010

11. American Medical System Inc. website: http://www.greenlightforbph.com/