



Concord Hospital Center for Urologic Care offers specialized diagnostic and treatment programs together with a complete range of fully integrated urologic care for men and women. Our expert team of urologic physicians and surgeons has provided the most advanced care and treatment options since 1960.

Through our **Prostate & Urologic Cancer Program**, in partnership with Concord Hospital Payson Center for Cancer Care, our team of accomplished urologists provides a comprehensive, multi-disciplinary approach to the diagnosis, treatment, and management of disorders and diseases of the prostate.

- Comprehensive management of all urologic disorders and cancers (including kidney, bladder and testicular)
- Dedicated and experienced radiation and medical oncologists
- High-definition, robotic-assisted laparoscopic surgical technology
- Minimally invasive procedures including cryotherapy
- Complex surgical procedures
- Clinical research trials and expansive support services
- Multidisciplinary meetings to discuss patients recently diagnosed with prostate cancer.

The Concord Hospital Center for Urologic Care integrates highly skilled medical staff and services for cancer screening, prevention, radiation therapy, medical oncology, surgery and support. We also offer our:

- **Kidney Stone Treatment & Prevention Program**, a comprehensive stone management program with an emphasis on minimally invasive surgery and complete medical, dietary and metabolic stone disease management.
- **Pelvic Medicine & Continence Program**, a comprehensive multidisciplinary approach for the treatment of urologic conditions commonly found in women.

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Frequently Asked Questions Prostate and Urologic Cancer Program

High Tech & High Touch: The Latest Advances

In addition to our comprehensive, multi-disciplinary approach to the diagnosis, treatment, and management of urologic care, the accomplished team of urologic surgeons at Concord Hospital Center for Urologic Care offers advanced laser technology for men who suffer from an enlarged prostate.

WHAT IS AN ENLARGED PROSTATE?

The prostate is the male sexual gland located below the bladder. As the prostate expands over time, it can squeeze the urethra, causing difficulty urinating. This may lead to problems with frequency and urgency of urinating, and can be very painful and embarrassing.

WHAT IS BPH?

Benign prostatic hyperplasia—or BPH—is the medical term for the condition men with enlarged prostates suffer. Many men who have BPH indicate the condition often interrupts their sleep, robbing them of much-needed rest.

- BPH affects about 50 percent of men between 51 and 60 years of age, or more than 17 million men in the U.S.
- Up to 90 percent of men who are more than 80 years of age suffer from the symptoms of BPH.
- Symptoms of BPH can vary widely.

WHAT ARE THE SYMPTOMS OF BPH?

The symptoms of BPH usually involve problems with emptying the bladder or storing urine in the bladder. Common symptoms include:

- Pushing or straining to begin urination
- A weak urinary stream
- Dribbling after urination
- A frequent need to urinate, sometimes every 2 hours or less
- A recurrent, sudden, or uncontrollable urge to urinate
- Feeling the bladder has not completely emptied after urination
- Pain during urination
- Waking at night to urinate

Symptoms: Severe to None

- The severity of BPH symptoms can vary widely, from mild and barely noticeable to serious and disruptive.
- The size of the prostate enlargement is often not related to the intensity of the symptoms.
- Slight enlargements may produce serious symptoms, or significant enlargements may result in few symptoms.

HOW DO I KNOW IF I HAVE BPH?

When you are screened for BPH, your physician or urologist will consider your age, health, and personal preferences to determine various treatment options.

The screening process involves a simple digital rectal exam and prostate specific antigen (PSA) blood test. Your physician may also request a urinalysis and urine culture to check for a urinary tract infection, which may be the cause of your symptoms.

Other tests that may be performed assess how the bladder and urethra are performing their job of storing and releasing urine. These include a post-void residual urine test (PVR), uroflow testing, cystoscopy (direct visualization of the prostate and bladder), or urodynamic study.

- To assess your personal enlarged prostate symptoms, the American Urological Association (AUA) has created a list of questions called a Symptom Score Index. It can help you evaluate your symptoms—from mild to severe—and, later, help you measure the success of your treatment. To fill out the AUA Symptom Score Index, please visit www.holmiumforbph.com/scoring_a.html.

WHAT ARE MY OPTIONS FOR TREATMENT?

Your physician and urologist can determine which options are available to you. They may include:

- Active surveillance – a careful monitoring of your condition by your physicians.
- Transurethral resection of the prostate (TURP) – the traditional surgical option involving removal of part of your enlarged prostate.
- Holmium Laser Treatment – a minimally invasive alternative to TURP that uses laser energy to relieve enlarged prostate symptoms and reduce traditional complications associated with TURPs.
- Medications- to help open the prostate and bladder and/or shrink the prostate gland.

WHAT WILL HAPPEN IF MY BPH IS NOT TREATED?

Many men claim that BPH symptoms are something they have to live with due to advanced age; however, just because you are older doesn't mean you have to suffer from this debilitating condition.

If BPH is not treated, it can lead to bladder damage, infection, blood in the urine and kidney damage. Although BPH does not lead to cancer, both conditions can exist together. It is extremely important that you tell your health provider if you experience any of these symptoms.

WHAT IS HOLMIUM LASER ABLATION (HOLAP)?

Holmium Laser Ablation (HoLAP) is a minimally invasive procedure for men who have been diagnosed with BPH. Our urologic surgeons use a thin flexible fiber that is designed to transmit laser energy to the prostate with a high degree of precision. The laser energy vaporizes the obstructing tissue and seals the area, providing immediate symptom relief for men.

WHAT ARE THE BENEFITS OF HOLAP SURGERY?

In the past, treatment options for BPH included prescribing medications, destroying prostate tissue with various heat methods, or surgical removal of the prostate. Your physician will help you decide if this is a viable surgical option for your enlarged prostate condition.

In general, potential benefits of the HoLAP procedure include:

- Reduced risk of bleeding or transfusion
- Limited catheterization
- No common side effects from medication (impotence, dizziness, headaches, and fatigue)
- Same-day treatment (in most cases)
- Rapid recovery and return to normal activities
- Potentially long lasting results
- May eliminate need for drugs that were taken to relieve BPH symptoms

WHAT SHOULD I DO NEXT?

If you meet the criteria above, please schedule an exam now by calling your primary care physician. If you've already been diagnosed with BPH, talk with your physician about the treatment options available to you.

For any questions about our **Prostate and Urologic Cancer Program** at Concord Hospital Center for Urologic Care please call (603) 224-3388 or visit www.concordhospital.org.