

## Other Treatment Options for BPH

### Medications

For patients experiencing moderate to severe LUTS, medications such as 5-alpha-reductase inhibitors and alpha-adrenergic blockers are administered to reduce symptoms.

Some men suffer from side effects including dizziness, headaches, sexual dysfunction, or they may not get adequate relief of their symptoms. Each year, about 20% of men discontinue their medication.<sup>8</sup>

### Surgery

There are several surgical procedures that either remove tissue or apply heat to shrink part of the prostate. There can be long-term side effects after surgery such as difficulty achieving an erection, retrograde ejaculation, or incontinence.<sup>5</sup> Typically a catheter has to be inserted after surgery.

### Transurethral Resection of the Prostate (TURP)

TURP is the most common surgery to treat BPH. Tissue is removed to shrink the size of the prostate which can cause bleeding and swelling. Symptom relief doesn't occur immediately, but lasts for a long time in many men once it does occur. TURP is considered the "gold standard" for long-term results.

### Laser Resection of the Prostate

TURP may be performed with a laser in procedures called photoselective vaporization of the prostate (PVP) (eg: Thulium, GreenLight) or holmium laser enucleation (HOLEP). Lasers can reduce the level of bleeding experienced with traditional TURP. However, the other long term side effects of surgery can still occur.

## Questions and Answers

### Will the UroLift® implantable prostatic retractors affect sexual function?

There have been no reports of new onset erectile dysfunction or ejaculatory dysfunction as a result of the UroLift® Prostatic Urethral Lift Treatment.<sup>2,3</sup> This preservation of sexual function is different from most BPH procedures and medications.

### Will the UroLift® implantable prostatic retractors encrust in the urethra?

Clinical research has shown that if implanted correctly (not in the bladder), there's no encrustation on the urethral end piece. Over time the urethral end piece becomes invaginated into the urethra.<sup>2</sup>

### What happens during the recovery period?

There is minimal downtime post-procedure. Typically no overnight stay and often no catheter is required, but patients may experience urinary discomfort during the recovery period.

Most common adverse events reported include hematuria, 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.<sup>2</sup>



## Mr Darren Katz

Urologist & Medical Director  
at Men's Health Melbourne

## Finally, the BPH procedure that patients have been waiting for!

*I would like to inform you that I am now performing a new procedure for benign prostatic hyperplasia to relieve the symptoms of Lower Urinary Tract Symptoms. The procedure, known as the UroLift® System Treatment, is a minimally-invasive transprostatic retractor that has shown to improve flow rate and preserve sexual function without the need for medication or ablation. This leaflet informs you of the new UroLift device and retractor and contains my contact details for referrals and general questions.*

*Darren Katz*

## Referrals and More Information

### Men's Health Melbourne

Level M, 233 Collins Street  
Melbourne, Victoria 3000

### Vermont Consulting Suites

Level 3, 645-647 Burwood HWY,  
Vermont South, Victoria 3133

### Holmesglen Private Hospital

Level 2, 490 South Road  
Moorabbin, Victoria 3189

### Warragul Consulting Suites

41 Landsborough Street  
Warragul, Victoria 3820

T: 1800 374 636 or 1800 DR4 MEN

F: 03 8658 9521

E: [info@menshealthmelbourne.com.au](mailto:info@menshealthmelbourne.com.au)

[www.menshealthmelbourne.com.au](http://www.menshealthmelbourne.com.au)

**UROLIFT®**  
BPH Relief. In Sight.™

[www.UroLift.com.au](http://www.UroLift.com.au)

## Understanding BPH

Over 500 million men in the world have a condition called benign prostatic hyperplasia (BPH) that causes the prostate to enlarge.<sup>6</sup>

BPH is a non-cancerous (benign) growth of the prostate that occurs as men age. When the enlarged prostate presses on the urethra, it can cause bothersome urinary symptoms.

For nearly a quarter of men in Australia with BPH, their symptoms are severe enough to disrupt their lifestyle and cause them to seek treatment.<sup>7</sup>

Common treatments for BPH include medication to reduce symptoms or major surgery to remove tissue. A third option is now available.

## Introducing the UroLift® Prostatic Urethral Lift (PUL) Treatment

Now, there is a minimally invasive option for patients looking for an alternative to drugs or major surgery. The UroLift® PUL Treatment opens up the blocked urethra by lifting the enlarged prostate tissue out of the way. There is no cutting, heating or removal of tissue.

Refer your patients to Mr Darren Katz to learn more about the UroLift Prostatic Urethral Lift Treatment, or go to

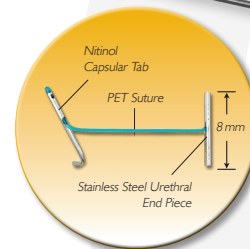
[www.menshealthmelbourne.com.au](http://www.menshealthmelbourne.com.au)

### References

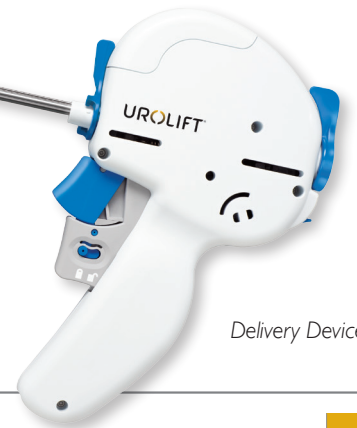
1. Shore, Can J Urology 2014
2. Roehrborn, J Urology 2013 LIFT Study
3. McVary, J Sexual Medicine 2014
4. Chin, Urology 2012
5. AUA Guidelines 2010
6. Berry, et al., J Urology 1984 and 2013 US Census worldwide population estimates
7. NeoTract OUS Market Model estimates for 2013
8. NeoTract US Market Model estimates for 2013

## What is the UroLift® Prostatic Urethral Lift (PUL) Treatment?

- The UroLift® PUL treatment is a straightforward procedure that produces immediate, visible results and rapid symptom relief.
- There is no cutting, heating or removal of prostate tissue.
- Clinical data has shown an IPSS improvement of 48% and 50% improved flow rate.<sup>2</sup>
- Greater symptom improvement than with medication<sup>2, 5</sup> and patients can return to normal activity within days.

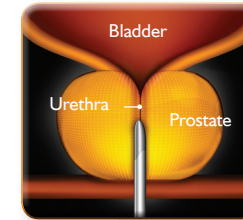


Implantable Prostatic Retractor



Delivery Device

## Steps of the Procedure



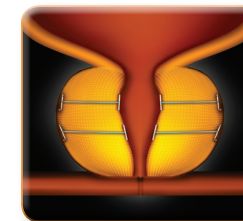
### Step 1:

The UroLift® delivery device is placed up the urethra through a rigid cystoscopy sheath to access the enlarged prostate.



### Step 2:

Small UroLift implantable prostatic retractors are permanently placed through the prostate and increase the urethral opening. They are delivered through a needle and come out of the UroLift delivery device.



### Step 3:

The UroLift delivery device is removed, leaving a more open urethra to provide symptom relief.

### Symptom Relief

	UroLift® System*	Daily Medications	Heat Based Therapies	Surgery
Minimally invasive treatment	✓	✓	✓	
Rapid relief with a low risk profile <sup>1,2</sup>	✓			
Durable results after one treatment <sup>2,4</sup>	✓		✓	✓

### Complications

No cutting, heating, or removal of tissue	✓	✓		
No observed suture risk to sexual function <sup>2</sup>	✓			
No dizziness, headaches or lack of energy (asthenia)	✓		✓	✓
Does not cause stress urinary incontinence <sup>2</sup>	✓	✓	✓	

### Convenience

Urologists perform procedure under general or local anaesthetic	✓	NA	✓	
Typically no catheter required after procedure	✓	NA		
No medications required to sustain relief <sup>2</sup>	✓		✓	✓

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