

YOUR FAMILY HOSPITAL, Offers Prostate Remedies.

Q.1 What is Prostate Gland?

Ans.1 Prostate gland is situated within the Urinary passage of men, just below the urinary bladder. It is about the size and shape of a walnut. Younger men may develop an infection or inflammation of their prostate. In older men, the prostate enlarges and may obstruct the flow of urine from the bladder.

Q.2 What is meant by enlargement of Prostate Gland?

Ans.2 Hormonal changes that often begin at about age 40-45 years cause enlargement of prostate in almost all men. In medical terms this condition is referred to as Benign Prostatic Hyperplasia (BPH). This enlargement is a non-cancerous growth, not life threatening, but may lead to problems with urinating. Discomfort begins when this new prostatic tissue grows, squeezing the urethra like a clamp.

Q.3 What are the effects of enlargement of prostate gland on the body as a whole?

Ans.3 As the urethra narrows, bladder needs to push harder to urinate. This can cause the bladder wall to thicken and stretch out of shape, becoming less efficient. If urine stays in the bladder, infections can develop. Kidneys may also fail if they can't drain properly into the bladder when it's already full.

Q.4 What are the usual symptoms of enlargement of prostate?

Ans.4 A person suffering from enlarged prostate gland may have following symptoms :-

- ◆ A slow, interrupted and weak urine flow.
- ◆ Urgent desire to urinate.
- ◆ Difficult in starting the urine flow.
- ◆ Leaking or dribbling before or after urination.
- ◆ The need to urinate frequently especially at night.

These men should definitely consult an urologist.

Q.5 Do all men require treatment for enlargement of prostate gland?

Ans.5 Many men do not suffer from any symptoms because of enlarged prostate, therefore they do not require any treatment.

Q.6 Can enlargement prostate be treated with medicines alone?

Ans.6 In early cases medical management may be worth trying. Oral pills are available which help to reduce the size of prostate gland and also relax the muscles surrounding the urinary passage facilitating the release of urine from bladder. However, only a small percentage of men with symptomatic enlargement of prostate may benefit from these medications. Surgical interventions are indicated in patients having persistent symptoms despite medication or have significant bladder outflow obstruction.

Q.7 What is "Laser Treatment" of Prostate Gland?

Ans.7 The Holmium surgical laser has become Endoscopic treatment of choice for the management of Benign Prostatic Hyperplasia and the procedure is termed as HoLEP (Holmium Prostatectomy). Through the urinary passage, a laser fiber is introduced under vision to remove large bits of prostate gland.

- ◆ Laser surgery is virtually blood-less, causes no harm to surrounding tissues, no irritation or burning sensation and less hospitalization. By and large, patients remain comfortable and safe both during and after the surgery. The most significant advantage of Holmium Laser prostatectomy is the short hospital stay. Unlike in routine TUR(P) operations where catheter is left in place for 3-4 days after the procedure, the period of catheterization following laser treatment is around 24 Hours. Shorter hospital stays translate into easy resumption of daily routine activities including attending professional responsibilities.
- ◆ Holmium Laser surgery is the only best solution available for high-risk patients having blood pressure, heart disease or blood clotting disorders etc.

Other Options :

TURP (Trans Urethral Resection of Prostate) :- TUR(P) has been widely practiced and advocated surgical treatment of prostate. However, it has the disadvantage of being associated with excessive bleeding, which may occur even after few days or even weeks after the operation. Now a days, worldwide, there is a trend to shift from TUR(P) to Laser treatment (HoLEP) of the Prostate.

Open Surgery: - Open surgery for prostate is now reserved for very large glands and is occasionally required to be done in neglected cases.



PUSHPAWATI SINGHANIA RESEARCH INSTITUTE FOR LIVER, RENAL & DIGESTIVE DISEASES

Press Enclave Marg, Sheikh Sarai II, New Delhi 110077

Ph. : 29252516 (4 Lines), 29251234, Fax: 91-11-29250546, E-mail : psci@vsnl.com.

Web: www.psci.net | For appointment, Urologist Dr. Rajesh Taneja : 9611081823

Advt.