

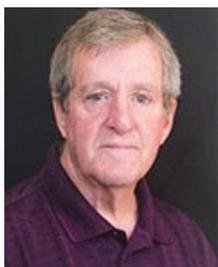


UROLOGIST



Steven Gange, MD
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PATIENT



Stephen Richardson, MD

A Personal Experience with a Revolutionary New Way to Treat an Enlarged Prostate

As a retired urologist, Dr. Stephen Richardson had seen many men with urinary symptoms caused by an enlarged prostate, a condition called benign prostatic hyperplasia or BPH. So when he found himself waking three or four times a night to urinate, he wasted no time seeking treatment.

Dr. Richardson opted for a nonsurgical prostatic urethral lift procedure performed by Dr. Steven Gange at Western Urologic Clinic in Salt Lake City – and the results exceeded his expectations. “My symptoms were gone almost from the time of the procedure,” he said. “Two nights after the procedure, I slept through the night. My urgency was gone. My frequency was gone. My symptoms were gone.”

The prostatic urethral lift procedure was cleared by the FDA in 2013, and thousands of these procedures have been done. The results are impressive, with little or no side effects. The quick and easy procedure is done in a doctor’s office with very little discomfort.

“This nonsurgical procedure is revolutionary,” Dr. Gange explained. “It’s truly minimally invasive. We can use local anesthesia, and unlike some other treatments, there’s no reported risk of de novo or sustained erectile dysfunction.¹ Recovery is rapid, and men can go back to work or their other activities the next day.”

A Quality-of-Life Issue

The prostate is a walnut-sized gland just below a man’s bladder. The urethra, which carries urine from the bladder, passes through the prostate.

When the gland becomes enlarged – which is common as men age – it can squeeze the urethra and interfere with the flow of urine. This causes symptoms such as needing to urinate frequently day and night, feeling an urgent need to urinate, and leaking urine.

One in four men experience symptoms of BPH by age 55, and that rate increases to 90 percent in men over age 70. In addition to urinary symptoms, an enlarged prostate sometimes causes problems with sexual function. The impact that BPH has on a man’s quality of life can result in depression.

Repeatedly waking in the night can be more than an inconvenience. “Some of the men I care for have big jobs where they need to be fresh and sharp, and because they are getting up several times a night, they are neither fresh nor sharp,” Dr. Gange pointed out.

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In the past, BPH treatments included surgery to remove excess prostate tissue, heat treatments to shrink the gland, and daily medications – all coming with their own risk of side effects. The prostatic urethral lift procedure is an alternative for men looking for something other than drug therapy or invasive surgery.

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.

An Easy Choice

During the procedure, Dr. Gange inserts a special delivery device through the urethra, which is numbed with medication, to place tiny implants that push the sides of the prostate apart. This holds the enlarged prostate tissue out of the way so it no longer blocks the urethra.

"It was an easy choice for a number of reasons," Dr. Richardson recalled. "One of them was that the procedure had been shown not to affect sexual function. Additionally, there's no heat used and no cutting. There's simply the placement of the device which physically opens the prostate without damaging any tissue."

Dr. Richardson was a unique patient because he was involved with research on the procedure when he was in practice. "I was present for procedures that had been done during the clinical study," he said. "I also followed some of these patients for years. I was impressed with the quality of life that these patients had enjoyed following the procedure, and how much it improved their symptoms."

The prostatic urethral lift procedure offers men an effective option for treating the uncomfortable and distressing symptoms of an enlarged prostate. "We know that one-third of men over 50 will seek treatment for their BPH," Dr. Gange said. "I'm convinced the other two-thirds are wishing there was something out there that was easier than what had been available. Now they no longer have to suffer in silence."