Benign prostatic hyperplasia (BPH) is an enlargement of the prostate gland and is non-cancerous. BPH is a condition that occurs when the enlarged prostate squeezes and partially—and sometimes fully—blocks the urethra, which is the tube that carries urine out of the body. This tightening around the urethra may cause many symptoms including trouble urinating, the frequent feeling of the need to urinate, urine leakage, or a sense that the bladder is not fully emptied after urination. These symptoms can not only affect your quality of life but can be a precursor to more serious and potentially dangerous conditions, including urinary retention, infection, and damage to your bladder and kidneys.

Symptoms of BPH should never be ignored. Please call for an appointment if you believe you are experiencing trouble urinating.

Diagnosis
Our specially-trained urologists, focused on men’s health at Yale Urology, can help you better understand BPH, the cause of your discomfort, and work with you to develop a personalized plan to address and alleviate your symptoms. To start, a review of your family history, a physical exam, and medical testing will help doctors confirm and diagnose the severity of your BPH. Based on this review, our physicians will help you make the best treatment plan specific to your lifestyle.

Appointments: (203) 785-2815
TREATMENT OPTIONS
If you have mild symptoms, your urologist may recommend monitoring through regular check-ups. For men who do require treatment, four options are currently offered for BPH: lifestyle changes, medications, minimally invasive procedures, and surgery.

Lifestyle Changes
For men with slight to mild symptoms, changes can include reducing your intake of liquids before going out in public or before sleep, monitoring your use of over-the-counter medications, and/or pelvic floor muscle exercises.

Medications
There are many medications available to improve or even alleviate your BPH symptoms. Based on the results of your exam, your urologist may suggest an appropriate medication based on your current situation.

Minimally-Invasive Procedures
When medications are proven to be ineffective in treating your symptoms, your urologist may recommend one of several outpatient procedures. One option is UroLift, which involves the placement of tiny implants that help lift and hold the enlarged prostate off the urethra. This procedure can be performed in office and patients often will experience a fast recovery with durable results.

Surgery
Surgery is a very effective option for those who have not experienced any relief of their symptoms with medication, or who have experienced side effects as a result of medication. At Yale Urology, we offer GreenLight PVP Laser Therapy, which creates a channel in the urethra allowing easier urination. We also now offer HoLEP (Holmium laser enucleation of the prostate), which uses the Holmium laser to remove the prostate tissue that is blocking the flow of urine.

As with any treatment, your provider will listen to your concerns and will help you to determine your best treatment option.

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