

TREATMENT OPTIONS FOR BPH: COMPARISONS

MICROWAVE (“TUMT”)

- Performed in office under local anesthesia; sedation and pain pills are given prior
- Takes 45-50 minutes to perform
- Done “blindly” with a catheter – scope test must be done to look at prostate *before* deciding to do MT
- Home right after treatment
- Pain level ranges from mild to severe during MT, usually very mild afterward
- Catheter is worn at home for 1-3 days
- Minimal bleeding
- OK to continue blood thinners around treatment
- Resume normal activity within 2-3 days
- Relief of symptoms is gradual (worse initially, then gradual improvement) *
- Durability is good to very good in my experience
- Possible side effects include bleeding, infection, discomfort, retrograde ejaculation ***, scarring, and failure to relieve symptoms. Rarely can cause leakage of urine.

LASER (“GREENLIGHT” or “PVP”)

- Performed in the OR under general anesthesia
- Takes 30-90 minutes to perform
- Done under direct vision – any size or shape prostate
- Usually one night in hospital, some go home the same day
- Pain level usually very mild
- Catheter usually removed day after treatment
- Variable amounts of bleeding, rarely severe
- Blood thinners must be stopped before & after
- Resume normal activity in 7-21 days
- Relief of symptoms is usually immediate, but there can be a variable period of bladder irritation **
- Durability is usually very good to excellent in my experience
- Possible side effects are basically the same as for TUMT

* TUMT results in heat damage to prostate tissue, but the inner lining of the prostate remains intact. Therefore, there is a period of swelling as the immune system responds to the damage. This usually causes worsening of symptoms initially. As time passes, dead tissue is slowly taken away, resulting in improvement of symptoms.

** Greenlight laser energy actually destroys the lining of the prostate and prostate tissue, vaporizing it immediately. There is an open channel right away, but the lining has to regenerate. During this healing process, some men feel frequent/ inappropriate urges to void. This improves as healing progresses.

*** Retrograde ejaculation is defined as semen going backward during sexual climax. This is also known as “dry orgasm”. It is not painful or dangerous, and the same pleasurable sensations occur during sex – just no fluid comes out