



Treatment for Benign Prostatic Hyperplasia (BPH)

Lifestyle Modifications

- Decrease water intake before bed
- Exercise regularly
- Eat fruits and vegetables daily
- Limit bladder irritants like caffeine, soda, and alcohol



Alpha Blockers

- Relax the prostate and bladder
- Increases urine flow
- Starts working within a week
- Side effects:
 - feeling light-headed, dizzy, or tired
 - decreased ejaculate



5-Alpha Reductase Inhibitors

- Block the formation of DHT a hormone that leads to the growth of the prostate
- Shrinks the prostate
- Increases urine flow
- Takes 6-12 months to take effect
- Side effects:
 - erectile dysfunction
 - decreased sex drive



Minor Surgical Procedures

- Prostatic Urethral Lift
- Water Vapor Thermal Therapy
- Catheterization
- Prostate Artery Embolization



Major Surgical Procedures

- Transurethral Resection of the Prostate
- Photoselective Vaporization of the Prostate
- Transurethral Water-Jet Ablation
- Simple Prostatectomy



<https://www.mededmaterials.org>

Sources: [https://www.auanet.org/guidelines-and-quality/guidelines/benign-prostatic-hyperplasia-\(bph\)-guideline](https://www.auanet.org/guidelines-and-quality/guidelines/benign-prostatic-hyperplasia-(bph)-guideline)

[https://www.urologyhealth.org/urology-a-z/b/benign-prostatic-hyperplasia-\(bph\)](https://www.urologyhealth.org/urology-a-z/b/benign-prostatic-hyperplasia-(bph))

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