



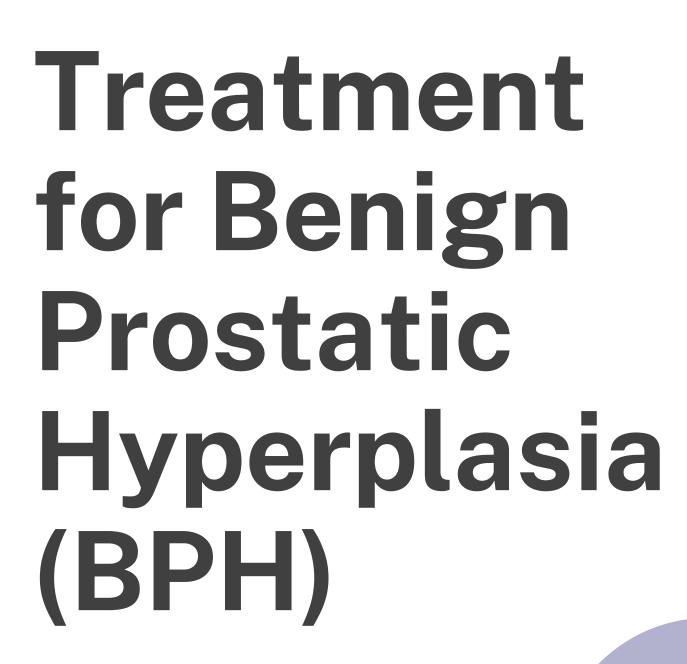
Lifestyle Modifications

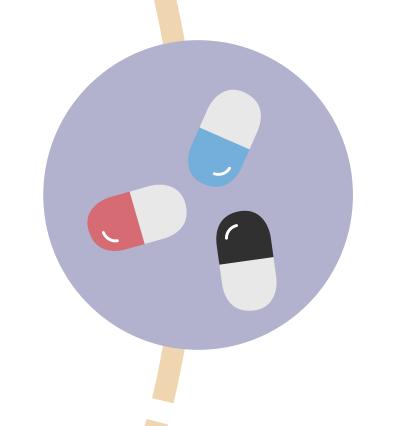
- Decrease water intake before bed
- Exercise regularly
- Eat fruits and vegetables daily
- Limit bladder irritants like caffeine, soda, and alcohol



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



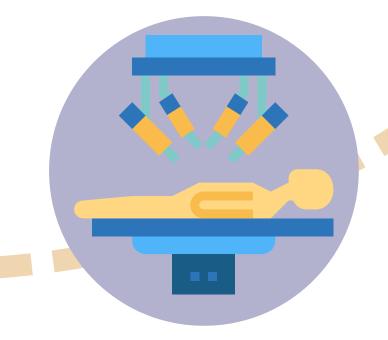


5-Alpha Reductase Inhibitors

- 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.urologyhealth.org/urology-a-z/b/benign-prostatic-hyperplasia-(bph)