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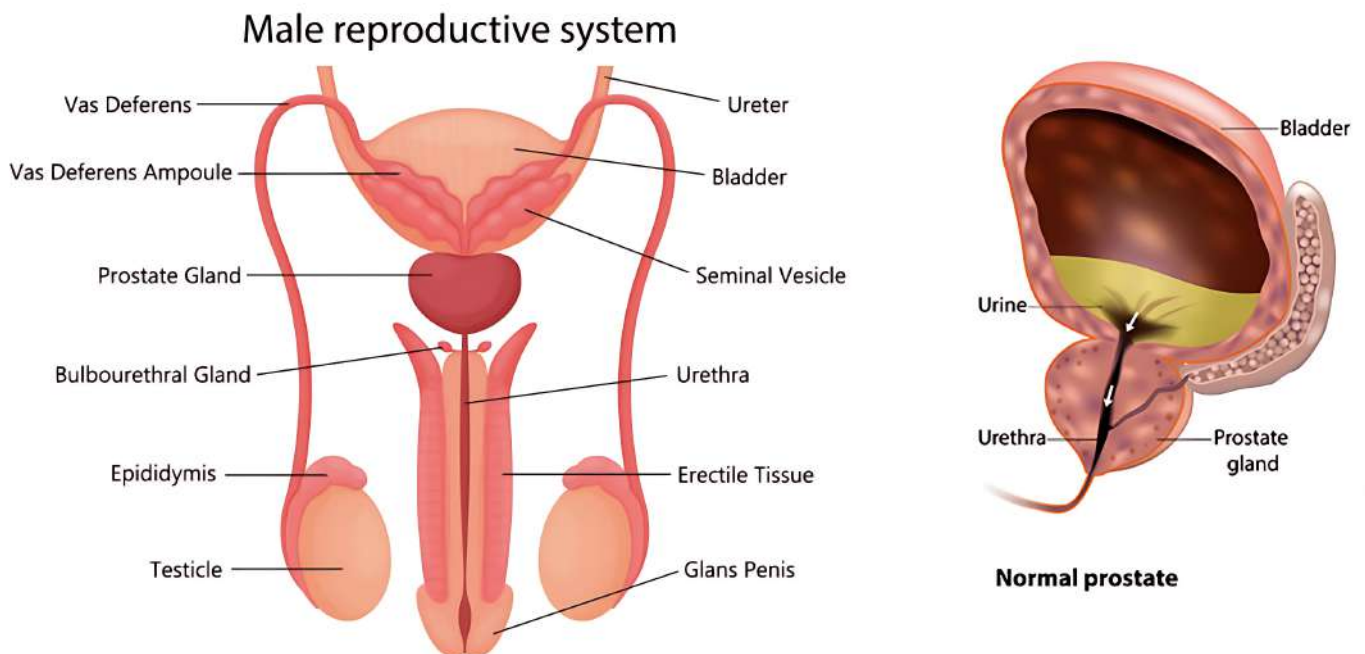
November 2023



MEN'S HEALTH MATTERS
UNDERSTANDING PROSTATE GLAND DISORDERS

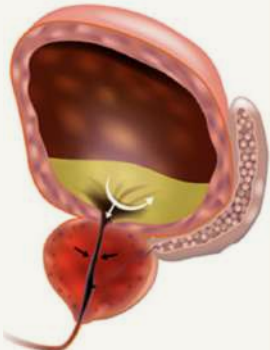
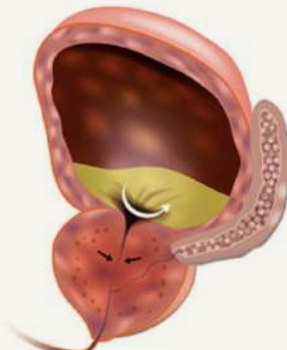
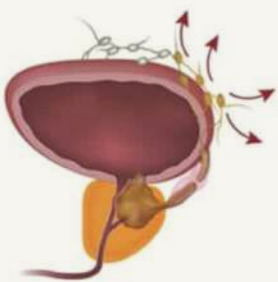
What is a Prostate Gland?

The prostate gland is a small, walnut-sized gland found in men, located just below the bladder and in front of the rectum. Its primary function is to produce and store seminal fluid, which nourishes and transports sperm during ejaculation.



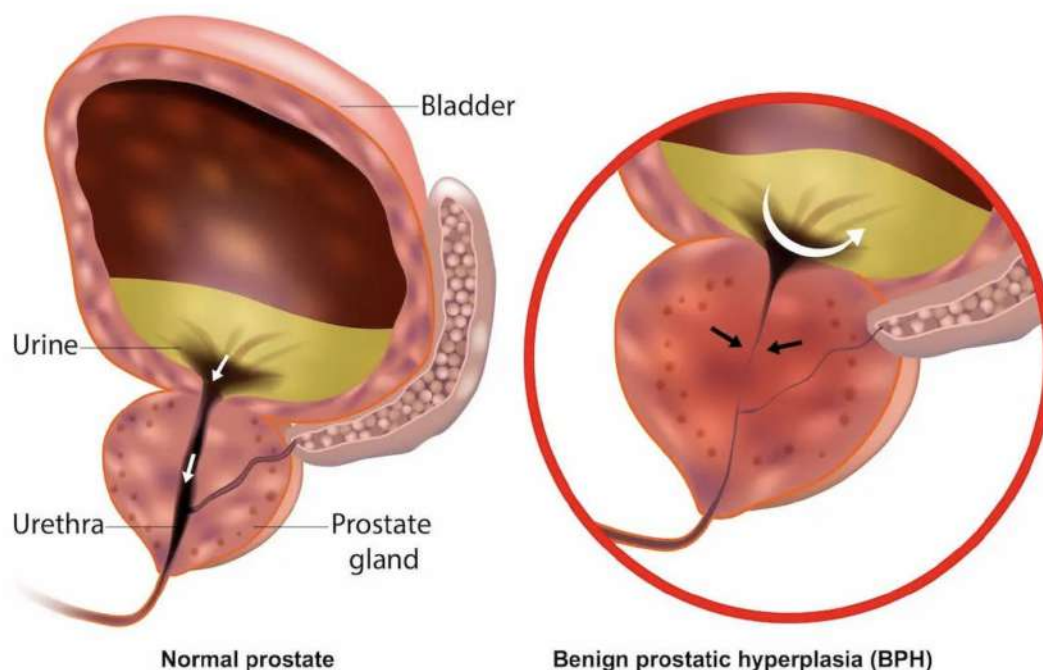
During ejaculation, the prostate gland releases this fluid into the urethra, where it mixes with sperm from the testes to form semen. This seminal fluid contains various enzymes and substances that help nourish and protect sperm, aiding their mobility and increasing the chances of successful fertilization.

Disorders of Prostate Gland

Prostatitis	Benign Prostatic Hyperplasia	Prostate Cancer
		
<p>Inflammation of prostate gland</p>	<p>Abnormally enlarged prostate gland</p>	<p>Malignant (cancerous) cells formation in prostate gland</p>
<p>Causes: Trauma, Bacterial infection Treatable with antibiotics and other medications</p>	<p>Causes: Hormonal changes, aging Treatable with medications and surgical procedures</p>	<p>Causes: Changes to DNA, Genetic Mutation Treatment depends on the stage and aggressiveness of the cancer and includes surgery, radiation therapy, chemotherapy, hormone therapy, or watchful waiting</p>

What is Benign Prostatic Hyperplasia?

Benign Prostatic Hyperplasia (BPH) is a non-cancerous enlargement of the prostate gland that commonly occurs in aging men. This condition can lead to urinary symptoms such as increased frequency of urination, difficulty in starting or stopping urination, and a weaker urine stream due to the enlarged prostate pressing against the urethra.



Although BPH is not life-threatening, it can significantly impact a man's quality of life and may require medical treatment if symptoms are severe.

Causes and Risk Factors:

- 1 Age
- 2 Hormonal changes
- 3 Family history
- 4 Obesity
- 5 Lifestyle factors
- 6 Diabetes and heart disease

Symptoms:

- 1 Frequent urination
- 2 Urgent urination
- 3 Difficulty starting urination
- 4 Weak urine stream
- 5 Incomplete emptying of the bladder
- 6 Intermittent urination
- 7 Dribbling
- 8 Straining
- 9 Pain or Discomfort
- 10 Blood in urine (hematuria)

Diagnostic Test:

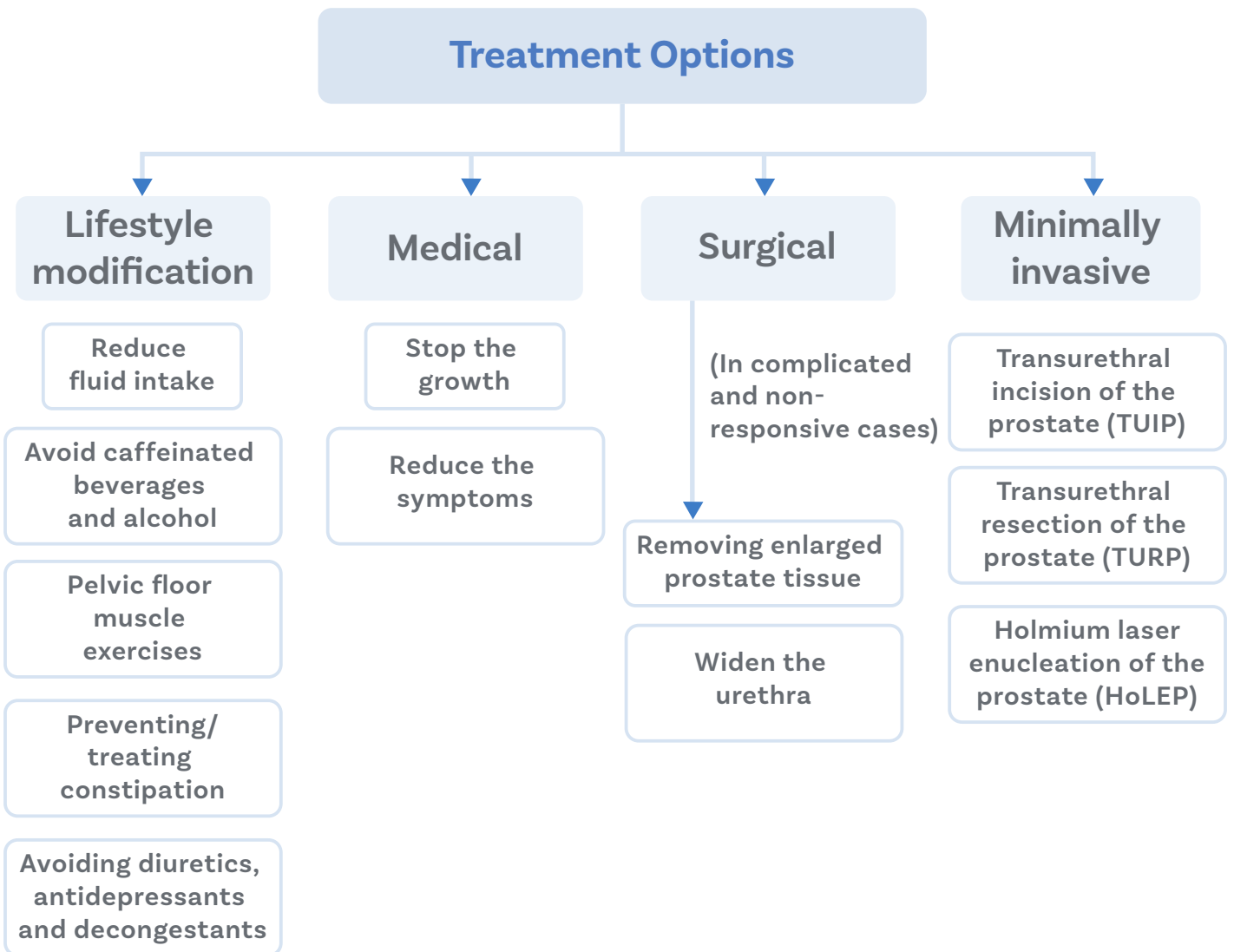
- 1 Medical History
- 2 Symptom Assessment
- 3 Digital Rectal Examination
- 4 Blood Tests (PSA)
- 5 Urinalysis
- 6 Urodynamic Test
- 7 Imaging Studies (TRUS , cystoscopy)
- 8 Flow Rate Measurement of urine

Why Not Delay the Treatment of BPH?

- 1 Likelihood of bladder damage
- 2 Acute/Chronic urinary retention
- 3 Possibility of kidney damage
- 4 Urinary tract infections
- 5 Formation of bladder stones



Treating of BPH

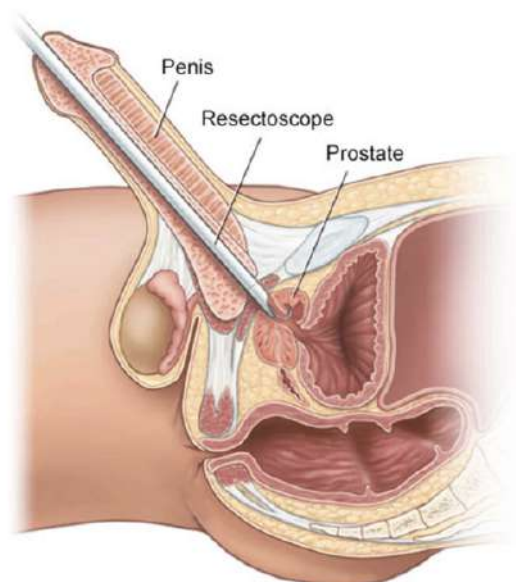


Pre-operative Investigations:

- 1 Blood test: CBC, HbA1C
- 2 LFT, KFT, CT, BT
- 3 Vital Markers
- 4 Imaging studies
- 5 Urine r/m

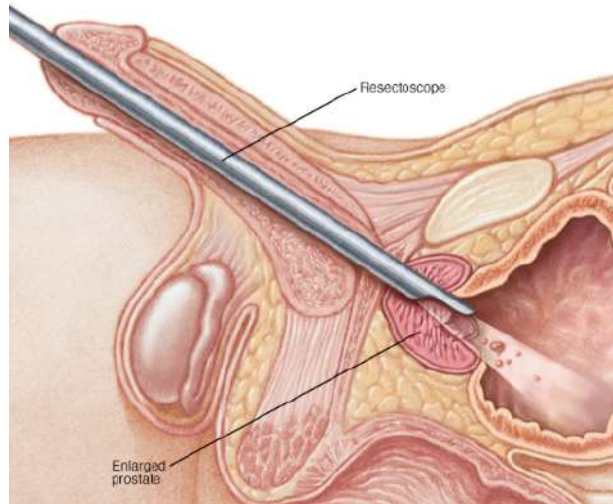
What is TUIP?

Transurethral Incision of the Prostate (TUIP) is a surgical procedure used to treat BPH, a non-cancerous enlargement of the prostate gland. During TUIP, a urologist makes small incisions in the prostate gland to relieve the obstruction of the urethra and improve urine flow, typically using a resectoscope inserted through the urethra.



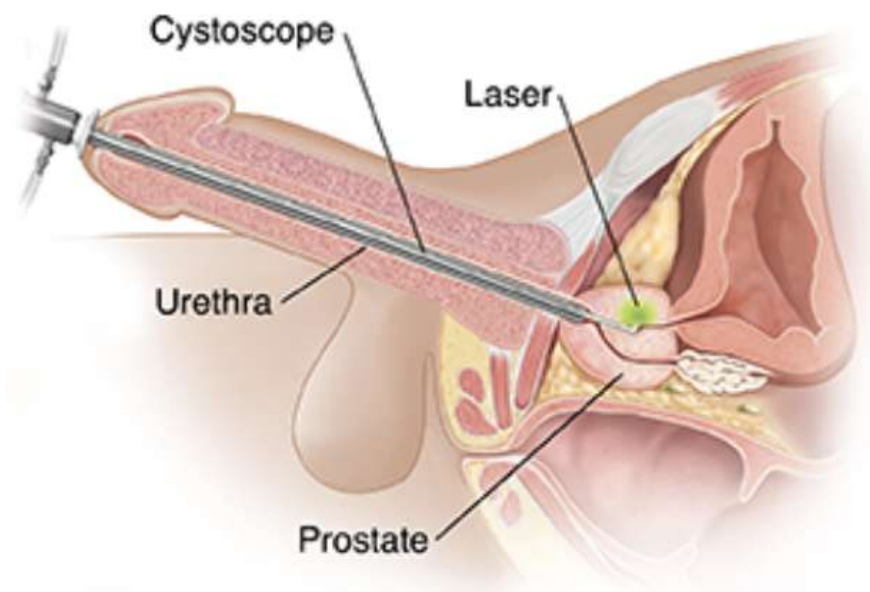
What is TURP?

Transurethral Resection of the Prostate (TURP) is a common surgical procedure used to treat moderate to severe cases of BPH. During TURP, a urologist removes excess prostate tissue that is obstructing the urethra by using a resectoscope inserted through the urethra, providing relief from urinary symptoms.



What is HoLEP?

Holmium Laser Enucleation of the Prostate (HoLEP) is a minimally invasive surgical procedure used to treat moderate to severe cases of BPH. It involves using a laser to remove excess prostate tissue that is obstructing the urethra, effectively improving urine flow and relieving urinary symptoms.



Do's & Don'ts post-procedure

DO'S

Take adequate rest and drink plenty of water

Take prescribed medications

Follow healthy lifestyle and eat healthy

Short walks and kegel exercises

Use and frequently change your catheter

DON'TS

Smoke and consume alcohol

Engage in driving right after the procedure

Perform sexual activities

Extensive physical activity

Sit in one position for too long

Frequently Asked Questions:

1

Is BPH the same as prostate cancer?

No, BPH is a non-cancerous condition, while prostate cancer involves the growth of cancerous cells in the prostate gland.

Frequently Asked Questions:

2 Is surgery necessary for BPH, or can it be managed with medication alone?

Surgery is not always necessary, and the choice between surgery and medication depends on the severity of symptoms, the patient's overall health, and their preferences.

3 Is BPH preventable?

BPH cannot be completely prevented, but a healthy lifestyle may help reduce the risk of developing severe symptoms.

4 Are there any long-term effects of BPH treatment?

Long-term effects depend on the chosen treatment. Some procedures may have minimal long-term impact, while others may affect sexual function or continence.

5 Is BPH a hereditary condition?

Family history may increase the risk of developing BPH, but it is not solely determined by genetics.

References

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