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### Newer Treatments for the Enlarged Prostate

Enlarged prostate, also known as Benign Prostatic Hyperplasia (BPH), is a non-cancerous condition in which the prostate cells begin to increase in number. This growth, a normal part of the aging process, causes the gland to compress the urethra making urination difficult or painful.

There are a number of newer treatments available for enlarged prostate. These are The Indigo Laser, The T.U.N.A. Procedure and the Cooled ThermoTherapy which is described in this article.

Cooled ThermoTherapy is designed to solve the problems of an enlarged prostate without the need for drugs, needles and anesthesia or hospital stay. It is a simple, non-surgical procedure that can be performed in the comfort of your urologist's office or in an out-patient setting. The treatment uses a specially designed catheter that directs heat deep into the prostate to safely destroy the enlarged tissue and reduce the pressure being placed on the urethra. During treatment, cool water is circulated through a catheter, drawing heat away from the delicate surface of the urethra, protecting it from damage and minimizing the discomfort you may feel.

Cooled ThermoTherapy treatment takes about 30-40 minutes. You may go home shortly after treatment. Some patients may be sent home with a catheter in place to drain urine while any swelling of treated prostate tissue diminishes.

Most men will resume their routine within days of treatment and over time a marked improvement in symptoms is noticed.

You will need to discuss the advantages and disadvantages of each treatment with a urologist.

For more information feel free to call my office.

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