

# Who We Are

The Vascular & Interventional Centre has an expert team of doctors well-versed in the current minimally invasive techniques and medical treatments. Our team of specialist doctors and staff strive to provide patients with holistic care in a fully integrated clinic and ambulatory surgery centre for a range of diseases.

Find out more @  
[www.sgvasculargrp.com](http://www.sgvasculargrp.com)

# Visit Us

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Finding Relief From

# **Benign Prostatic Hyperplasia**

## WHAT IS BENIGN PROSTATE HYPERPLASIA?

**Benign prostatic hyperplasia (BPH)** is a non-cancerous condition affecting men caused by an enlargement of the prostate gland. It is one of the most common urological conditions in men.

The enlarged prostate compresses on the urine channel leading from the bladder outwards – the urethra, and as a result, affects the flow and passage of urine

## WHAT ARE THE CAUSES AND RISK FACTORS?

- Age
- Higher body mass index
- Low levels of physical activity
- Family history of prostate problems

## WHAT ARE THE SYMPTOMS?

Patients suffering from BPH may have symptoms affecting their lifestyle considerably.

Come of these symptoms include:

- Frequent or urgent need to urinate, especially at night (nocturia)
- Difficulty starting urination
- Weak urine stream or a stream that stops and starts
- Dribbling at the end of urination
- Urinary tract infection
- Inability to urinate/ empty the bladder
- Blood in the urine

## HOW IS BENIGN PROSTATE HYPERPLASIA DIAGNOSED?

- Clinical examinations
- Urine test

## OUR TREATMENT

**Prostate artery embolisation** is a minimally-invasive procedure done via a groin or radial artery access puncture. A catheter is guided to the arteries that supply the enlarged prostate glands using x-ray fluoroscopy. Small particles are injected through the catheter to permanently seal off the arteries supplying the prostate. As a result, the prostate shrinks, and the urethra is less compressed, significantly reducing the symptoms.

## WHAT WOULD YOU EXPECT?

- This procedure is performed under light sedation, and patients are usually discharged on the same day from our centre
- Minimal pain, discomfort
- No surgical scar
- Quick return to daily activities

## WHO IS ELIGIBLE?

- Patients taking oral medication but still having symptoms
- Patients who have undergone other procedures but have not seen improvement
- Patients not suitable for transurethral resection of the prostate (TURP) due to bleeding risks
- Patients who wish to maintain their urinary continence and sexual potency
- Patients who want to avoid invasive surgery

To find out if the procedure is right for you, you may request a consultation with one of our doctors to help you understand your options and choose the best treatment.

