

MANITOBA

MEN'S HEALTH

CLINIC



A GUIDE TO

Understanding Benign Prostatic Hyperplasia

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Empowering Men, One Step at a Time

Men's Health Clinic's Approach to BPH

Understanding the Enlarged Prostate

As men age, their prostate gland can grow, leading to various urinary symptoms. At Men's Health Clinic, we recognize that these changes can impact your daily life. We are here to provide the answers and support you need.

Recognizing the Concerning Signs

Some symptoms require immediate attention, such as blood in your urine, recurrent urinary tract infections, or the feeling that your bladder isn't emptying. Our patient-centric approach ensures we address these concerns promptly.

Your Path to Diagnosis

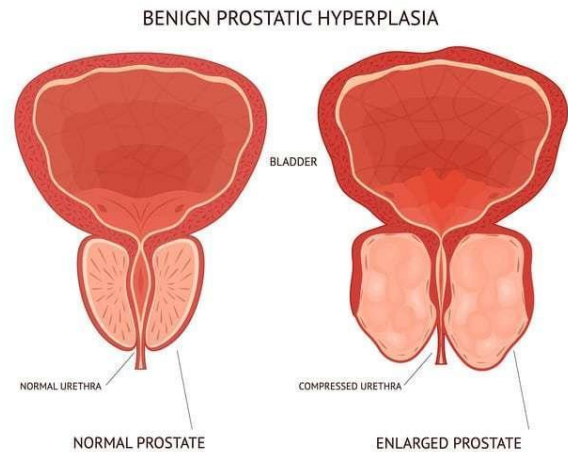
Our team is committed to accurate diagnosis. Depending on your age, you may undergo a PSA blood test, urine analysis, or a quick cystoscopy. These evaluations guide us to the most suitable treatment options, ensuring personalized care.

Differentiating from Prostate Cancer

It's essential to distinguish an enlarged prostate from prostate cancer. Our expert team employs the PSA blood test and digital rectal examination, with additional tests like MRI or prostate biopsy if necessary.

Tailored Treatment for Your Comfort

Not all enlarged prostates require intervention, but when needed, we offer exceptional treatments. Our patient-centric approach begins with a conversation with your physician to create a custom plan based on your unique situation.



Exploring BPH Treatments

Medications

Alpha-blockers (i.e. Tamsulosin, Alfuzosin, Silodosin)

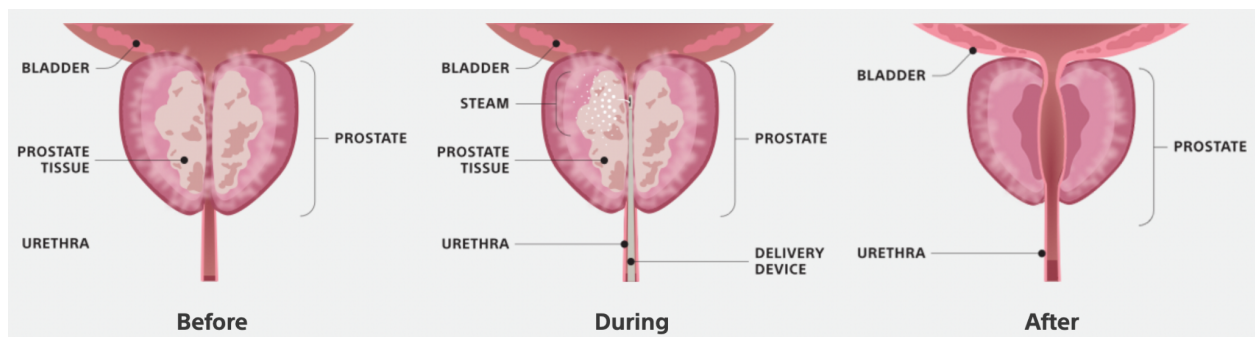
These medications work to relax the prostate to allow you to empty better and have a faster urinary stream. Side effects may include: low blood pressure, fatigue and ejaculation problems.

5-Alpha Reductase Inhibitors (i.e. Dutasteride and Finasteride)

These medications work to shrink the prostate by approximately 20% to allow you to empty better. Side effects may include: low libido and erectile dysfunction and the medication takes approximately 6 months until benefits are seen.

Minimally Invasive Procedures (non-surgical)

Rezūm water vapor therapy www.rezum.com



This treatment uses *steam* to open the prostate. It is a short, minimally invasive option to effectively treat your prostate. Re-treatment rates are very low with the treatment preserving your sexual function while treating your prostate. You will often need a catheter after the prostate for a few days. Only 4.4% of men have required surgical retreatment through 5 years of follow-up. Our surgeons were the first to perform Rezūm in Western Canada and perform a high volume of these procedures annually.

How painful is Rezum? Will I need to be sedated?

Most patients report relatively minor to no discomfort during the procedure. At MHC, we perform Rezūm under intravenous sedation, to make your procedure as painless as possible.

How quickly will I notice improvements after Rezum?

Clinical studies show that most men experience symptom relief as soon as 2 weeks after the treatment, and improvements continue for up to 3 months.

How soon can I return to regular activities after Rezūm?

Clinical studies show that most men return to regular activities within a few days. However, this does vary by patient.

What are potential side effects of Rezūm?

Potential risks include, but are not limited to painful or frequent urination, blood in the urine or semen, decrease in ejaculatory volume, urinary tract infection (UTI), inability to urinate or completely empty the bladder, urgent need to urinate, inability to ejaculate, urinary incontinence, inflammation of the epididymis (a tube at the back of the testicle that carries sperm), worsening erectile dysfunction, pain/discomfort with ejaculation, pelvic or penile pain/discomfort, poor or splayed urine stream, inflammation of the prostate gland, scarring and narrowing of the urethra. In very rare cases, the following side effects may occur: narrowing of the bladder neck (area of the bladder that connects to the urethra).

iTind (www.itind.com)

This treatment uses a *spring system* to prop open your prostate temporarily. The device is removed approximately one week after insertion. Benefits of iTind are preservation of your sexual function. You do not require a catheter after this procedure.

What are common side effects of iTind?

The most common side effects experienced are the feeling of pressure in the area of the perineum, an increased frequency and urgency to urinate, light blood in urine, and slight burning upon urination. However, any side effects experienced typically subside once the iTind is removed.

Will the iTind treatment affect sexual function?

The device positioning helps to ensure that no damage is caused to sperm ducts or sphincters, avoiding risks of sexual dysfunction. Sexual function was preserved among patients treated in the relevant clinical studies.

Surgery

Greenlight Photovaporization/ Plasma Button Vaporization

This treatment involves vaporizing the prostate tissue to open the channel. The procedure is performed under an anesthetic (spinal or general anesthesia). A catheter is required after the procedure for a few days. Potential risks include, but are not limited to painful or frequent urination, blood in the urine or semen, inability to ejaculate, urinary tract infection (UTI), inability to urinate or completely empty the bladder, urgent need to urinate, urinary incontinence, inflammation of the epididymis (a tube at the back of the testicle that carries sperm), worsening erectile dysfunction, pain/discomfort with ejaculation, pelvic or penile pain/discomfort, poor or splayed urine stream, inflammation of the prostate gland, scarring and narrowing of the urethra.

Holmium Laser Enucleation of the Prostate (HoLEP)

This treatment involves using a laser to detach the bulky prostate tissue internally with a separate device used to remove this detached tissue. This procedure is performed under an anesthetic (spinal or general anesthesia) and is generally reserved for very large prostates. The procedure has similar risks to Greenlight Photovaporization/ Plasma Button Vaporization, however, the risk of incontinence is higher with this procedure.

Pioneering Clinical Trials

At Men's Health Clinic, we lead the way in research, offering cutting-edge treatment options through clinical trials. Our commitment to innovation ensures you access the latest advancements in BPH care.

Your Journey with Men's Health Clinic

We understand that your journey with BPH is personal. Our patient-centric approach, advanced treatments, and dedication to your well-being set us apart. Your satisfaction and personal growth inspire us to continue empowering men across Manitoba, Canada and across North America, to embrace life fully.

Men's Health Clinic — where your journey matters.