

A GAME CHANGER FOR GUYS

A NEW PROCEDURE RELIEVES ENLARGED PROSTATE ISSUES WITHIN AN HOUR

There is a condition affecting millions of men — and now Methodist Dallas Medical Center is the place for them to find relief.

The condition is benign prostatic hyperplasia (BPH), more commonly called enlarged prostate. In 2010, as many as 14 million men had symptoms of the condition.

“BPH is the most common prostate problem for men over 50,” says **Jeffrey Toubin, MD**, urologist on the medical staff at Methodist Dallas. “Its cause is not well understood, but we do know it’s related to the aging process and the effect of testosterone over time. In addition, men with a family history of BPH; medical conditions, such as obesity and heart disease; lack of physical exercise; or erectile dysfunction may be more likely to develop this condition.”

The most noticeable symptoms have to do with a man’s urinary habits — frequent urination, incontinence, and inability to urinate, to name a few.

While BPH is a benign condition and unrelated to prostate cancer, it can greatly affect a man’s quality of life.

Introducing UroLift™

Dr. Toubin says most physicians first try treating BPH with medication, but sometimes patients don’t find relief or experience unwanted side effects. This is

when the UroLift System is an ideal option.

The UroLift System treatment is an advanced minimally invasive approach that holds the prostate tissue out of the way so it no longer blocks the urethra. There is no cutting, heating, or removal of prostate tissue — just tiny implants inserted via the urethra that hold the prostate lobes apart.

Why a game changer?

Dr. Toubin explains that other BPH surgical procedures cut pieces of tissue off the enlarged prostate. Patients may need to stay in the hospital for a couple days to watch for bleeding. Even with a

successful surgery, there is an increased risk of incontinence and sexual dysfunction.

UroLift, however, can be performed on an outpatient basis with minimal downtime and a rapid return to a normal routine. Plus, it does not negatively impact sexual function, says Dr. Toubin, who was named a UroLift Center of Excellence in November 2017, the only one in North Texas.

“Almost 200 patients have had the UroLift procedure at Methodist Dallas and have been extremely happy with the results,” Dr. Toubin says. “It is a highly effective treatment for BPH without the drawbacks of past options.”

» GET A CLOSER LOOK

Go to [youtube.com/MethodistHealthDFW](https://www.youtube.com/MethodistHealthDFW) to see an animation of how UroLift works.

