

Patient Counseling Information Urology Pathology Report

Patient Name:

Date of Testing:

Birth Date:

Social Security #:

Your Pathology Test Result

Benign Prostatic Hyperplasia (BPH)

Pathologist Description of Your Diagnosis

Benign prostatic hyperplasia (BPH) is an extremely common prostatic disease in elderly men due to overgrowth of the fibro muscular and glandular cells leading to nodular prostate enlargement. It occurs predominantly in the central area of the prostate gland causing progressive obstruction to the outflow of urine. The symptoms include decreased force and size of urinary stream, hesitancy, straining, terminal dribbling, urination several times each night, and a sensation of incomplete emptying of the bladder.

Treatment Options - Choice of treatment depends on severity of symptoms and the effect on one's

lifestyle:

1. "Watchful waiting"
2. Medication (finasteride, doxazosin, prazosin)
3. Transurethral resection of prostate (TURP)
4. Open prostatectomy
5. Laser Therapy
6. Transurethral Balloon Dilatation
7. Hyperthermia and Thermotherapy
8. Transurethral Electro vaporization
9. Intraurethral Stents
10. Transurethral Needle Ablation (TUNA)

Patients' Frequently Asked Questions

1. What is the cause of BPH?
2. Can BPH become cancer?
3. What are the complications of BPH?
4. Will any of the treatment options affect my sexual activity?
5. Can BPH return after a certain time interval?
6. What changes in lifestyle can help in the prevention of BPH?
7. What is "watchful waiting"?

Suggestions For Your Urological Health Maintenance

Don't Miss Your Follow Up Appointments

Report any changes in your routine bladder or sexual habits to your physician
Regular sexual activity or ejaculation
Have your PSA checked every year along with a digital rectal exam
Avoid OTC medications with decongestants
Avoid alcohol or excessive fluid intake before bed

Additional Urology Patient Resources and Support

American Urology Foundation, (1-800-NO-Prostate).
Health & Wellness Hotline 800-394-7546
American Urology Association Hotline – 800-978-BPHH website: www.aua.org
Urologic Health Initiative – 800-668-5237
American Cancer Society – 800-ACS-2345
National Cancer Institute Information Service – 800-4 CANCER website: www.nci.nih.gov
OncoDiagnostic Laboratory, Inc., website: <http://www.oncodiagnostic.com/>

This report is provided to help you understand your pathology test result and to review your treatment options. Other treatment options and additional information may also be available. Please consult your doctor with any questions you may have. Only you and your doctor can decide which treatment is best for your condition based on your medical history and condition.

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