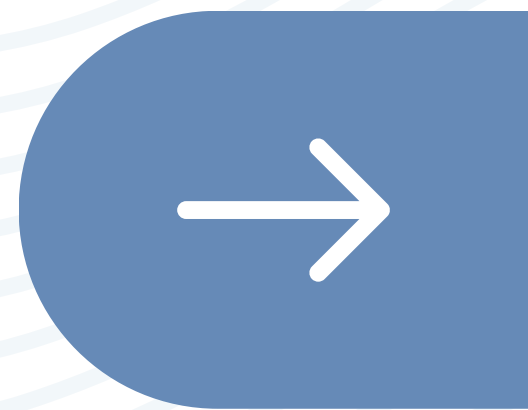


#DIBS BY NEXTILLO

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BENIGN PROSTATIC HYPERPLASIA





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BENIGN PROSTATIC HYPERPLASIA

Non-cancerous enlargement of the prostate gland, commonly affecting aging men.

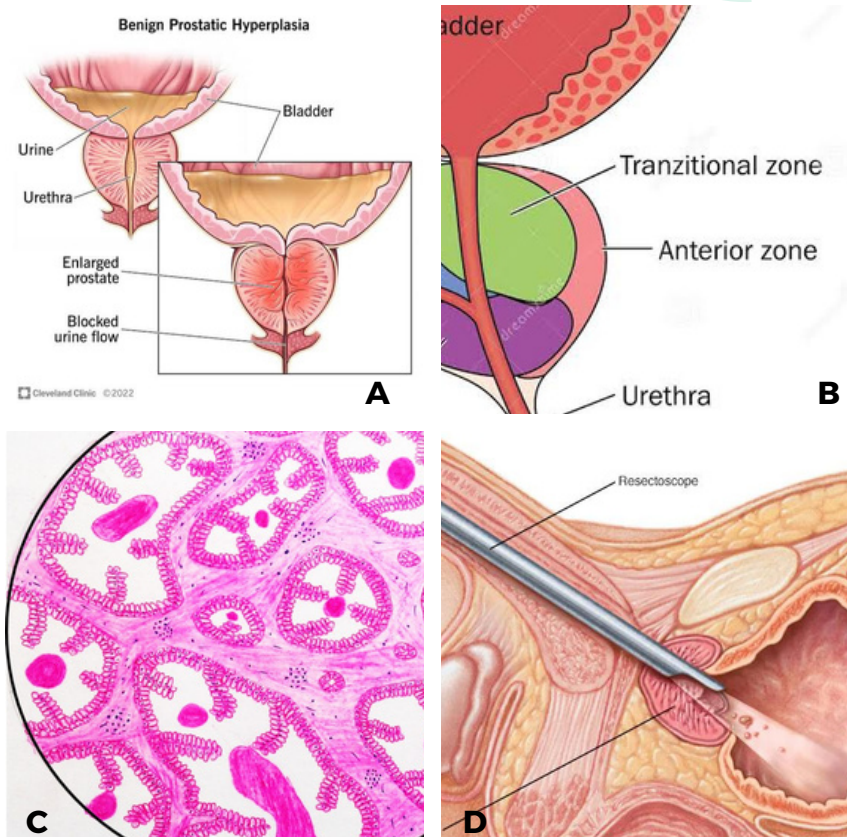
Hormonal Influence:

Age-related changes in hormone levels, especially an increase in dihydrotestosterone (DHT), contribute to prostate growth.

Cellular Proliferation:

Increased number of cells, particularly in the transitional zone of the prostate, leads to enlargement.

CLINICAL IMPRESSION



A) *Benign Prostatic Hyperplasia*

B) *Zones of Prostate*

C) *Hyperplastic Glands*

D) *Transurethral Resection of Prostate (turp)*



CLINICAL FEATURES

Lower Urinary Tract Symptoms (LUTS):

- *Voiding Symptoms: Weak stream, Hesitancy, Straining during urination*

Storage Symptoms:

- *Increased frequency*
- *Urgency*
- *Nocturia*

Complications:

- *Acute Urinary Retention*
- *Urinary Tract Infections (UTIs)*
- *Bladder Stones*
- *Hematuria*



DIAGNOSIS

Digital Rectal Examination (DRE):

Palpation of the prostate to assess size and consistency.

Prostate-Specific Antigen (PSA) Test:

Blood test to rule out prostate cancer.

Urinalysis:

To check for signs of infection or blood.

- **Urodynamic Studies:** *Evaluates bladder function and urine flow.
Normal if $Q_{max} > 15$ ml/sec.
If $Q_{max} < 10$ ml/sec : Suggestive of obstruction.*
- **Transrectal Ultrasound (TRUS):** *Provides detailed images of the prostate.*
- **Cystoscopy:** *Direct visualization of the urethra and bladder.*

Grading (International Prostate Symptom Score - IPSS):

Quantifies the severity of symptoms and guides treatment decisions.



MANAGEMENT

Medications:

- **Alpha-Blockers:** Relax smooth muscle in the prostate and bladder neck.
- **5-Alpha Reductase Inhibitors:** Reduce DHT levels and shrink the prostate.
- **Combination Therapy**

Minimally Invasive Procedures:

- **Transurethral Microwave Therapy (TUMT):** Uses microwaves to shrink the prostate.
- **Transurethral Needle Ablation (TUNA):** Radiofrequency energy to alleviate symptoms.

Surgery:

- **Transurethral Resection of the Prostate (TURP):** Removal of excess prostate tissue.
- **Laser Surgery:** Uses laser energy to reduce prostate size.
- **Prostatic Urethral Lift (UroLift):** Implants to lift and hold the enlarged prostate tissue, improving urine flow.



BENIGN PROSTATIC HYPERPLASIA

Question :

Which medication class is commonly used to relax smooth muscle in the prostate and bladder neck for BPH management?

- A. *Beta-blockers*
- B. *5-Alpha Reductase Inhibitors*
- C. *Calcium channel blockers*
- D. *Alpha-blockers*

Answer:

D. Alpha-blockers