

DON'T LET AN ENLARGED PROSTATE
INTERFERE WITH YOUR LIFESTYLE



A GUIDE TO BPH TREATMENTS


GYRUS ACMI

DO YOU HAVE SYMPTOMS?

Benign Prostatic Hyperplasia (BPH) is a common problem that occurs as a man ages which can negatively affect your quality of life. Many symptoms of BPH are associated with urination because the enlarging prostate presses against the urethra restricting urine flow. Some common symptoms are:

- Difficulty starting to urinate
- Sudden, recurrent urge to urinate
- Dripping and leaking after urination
- Interrupted, slow or weak urine stream
- Frequent urination, especially at night
- Painful, pushing or straining to urinate
- Inability to empty the bladder completely



DETERMINE YOUR BPH SYMPTOMS

The American Urological Association symptom index is used to determine your symptom severity. Please answer the following questions based upon your experience over the past month. Circle your answers and add up your scores at the bottom.

Over the past month	Not at all	Less than one time in five	Less than half the time	About half the time	More than half the time	Almost always				
1. How often have you had the sensation of not emptying your bladder completely after you finished urinating?	0	1	2	3	4	5				
2. How often have you had to urinate again less than two hours after you finished urinating?	0	1	2	3	4	5				
3. How often have you found you stopped and started again several times when you urinated?	0	1	2	3	4	5				
4. How often do you find it difficult to postpone urination?	0	1	2	3	4	5				
5. How often have you had a weak urinary stream?	0	1	2	3	4	5				
6. How often have you had to push or strain to begin urination?	0	1	2	3	4	5				
7. How many times did you most typically get up to urinate from the time you went to bed at night until the time you got up in the morning?	None	1	2	3	4	5				
Add Symptom Scores		<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>

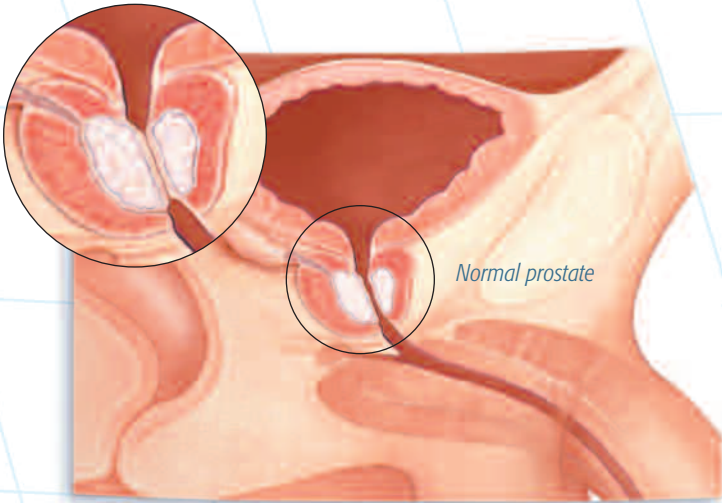
Total AUA Symptom Score =

The total score runs from 0 to 35 points. Higher scores indicate more severe symptoms. Scores less than seven are considered mild and generally do not warrant treatment. Regardless of the score, if your symptoms are bothersome you should notify your doctor.

BPH BY DEFINITION

Benign Prostatic Hyperplasia (BPH) is the non-cancerous enlargement of the prostate, a walnut-sized gland that encircles the urethra like a doughnut, and causes restricted urine flow. BPH is uncomfortable, inconvenient and may impair your ability to get a good night's sleep, however, it is not life-threatening.

Enlarged prostate



BPH occurs in approximately half of all men 50 years and older and up to 90% of men over 80 years of age. That's roughly 14 million men in the US – so if you suffer from BPH symptoms, you're not alone.

BPH TREATMENTS – SHORT-TERM RELIEF



We encourage you to talk with your Urologist regarding your specific symptoms and the treatment options that are available to provide you relief. Only you and your doctor can decide which treatment is right for you.

Watchful Waiting

If you have minimal symptoms that you can tolerate, your doctor may recommend a “wait and see” approach that incorporates some simple lifestyle changes that may provide relief:

- Establishing regular timed bathroom visits
- Limiting evening fluids
- Decreasing alcohol and caffeine intake

Prescription Medications

Generally, medications or prescription drugs address the symptoms of BPH, but do not cure the condition. Prescription drugs can be costly and must be taken every day of your life to maintain symptom relief. Often medications will only postpone the need for surgery and may result in unwanted side effects:

- Headache
- Dizziness
- Fatigue
- Lowered blood pressure
- Sexual difficulties

A SAFE & EFFECTIVE BPH TREATMENT D



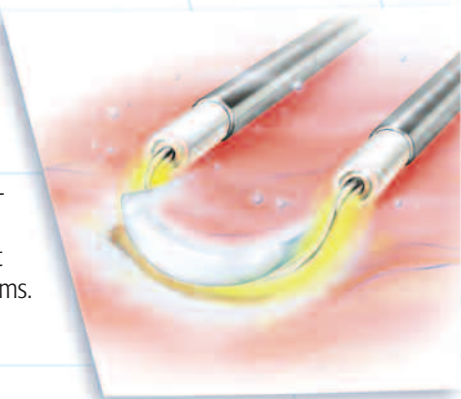
PK™ TURP

This procedure combines the “Gold Standard” symptom relief of the traditional monopolar transurethral resection of the prostate (TURP) with the increased safety and reduced complications of PK™ Technology. A PK™ TURP uses lower-voltage energy to vaporize and cut away the portion of the prostate that is enlarged and causing your symptoms.

The lower-voltage PK™ Technology, combined with the safety of operating in saline, results in a safer, faster and more effective procedure. Ask your doctor if a PK™ TURP is right for you.

The Procedure

The PK™ TURP can be performed under local or general anesthesia. Your Urologist places a resectoscope into the urethra to view and access the prostate. A loop-shaped instrument is inserted through the resectoscope that, when activated, quickly and smoothly vaporizes and cuts the enlarged prostate tissue away, simultaneously sealing the remaining healthy tissue. The result is a clear, open prostate and instant relief to your troublesome symptoms.



DELIVERING SIGNIFICANT SYMPTOM RELIEF

How Long Will it Take?

The surgical time depends upon the size of the prostate, the amount to be removed and the surgeon's technique. The PK™ TURP procedure can often be performed in less than 60 minutes on a day-case or outpatient basis depending on your surgeon's recommendations.

Will I Experience Side Effects?

Your doctor will explain your personal risk of side effects based on your individual case, however, the PK™ TURP procedure minimizes the side effects in comparison with conventional monopolar TURP procedures and other available treatments resulting in:

- Shorter hospital stay
- Minimal post-operative discomfort
- Significantly reduced catheterization time
- Faster recovery with fewer complications
- Immediate, long lasting results
- Elimination of the need for BPH medication



BPH TREATMENTS — MODERATE SYMPTOM RELIEF

Heat Therapies

Heat or thermal therapies rely on different energy sources including microwave and laser to heat and destroy prostate tissue. The destroyed tissue is left in the body to be expelled over time; often requiring several weeks of catheterization. These treatments are not always effective in relieving urinary symptoms or restoring good urine flow, and symptoms may return after a few years. Side effects of heat therapies may include:

- Dysuria (painful urination)
- Urinary tract infections
- Incontinence
- Urinary retention
- Retrograde ejaculation

Laser Treatments

Laser treatments ablate or vaporize prostate tissue using high-powered lasers. These procedures are appropriate for patients with small-to-medium sized prostates, and are often performed on an outpatient or day cases basis. Symptom relief may be less dramatic compared to the traditional monopolar TURP. Other considerations and complications of these procedures include:

- Unproven long-term outcomes
- Dysuria (painful urination)
- Not appropriate for large prostates
- Shorter-term symptom relief
- Hematuria (blood in urine)



BPH TREATMENTS — SIGNIFICANT SYMPTOM RELIEF

Traditional Monopolar TURP

Monopolar TURP is the traditional treatment for BPH and delivers immediate symptom relief. Monopolar TURP uses high voltage energy to cut away the unwanted prostate tissue to increase urine flow. Recovery requires several days of hospitalization and long catheterization times, as well as potential complications including:

- TUR Syndrome (low blood sodium levels)
- Excessive blood loss
- Dysuria (painful urination)
- Infection
- Hematuria (blood in urine)

PK™ TURP

An improvement over the traditional monopolar TURP, PK™ TURP delivers “Gold Standard” symptom relief along with increased safety and reduced complications. Please see page 6 for more information on this procedure.





BPH PROCEDURES COMPARISON

	Medication	Heat Treatments	Lasers	Monopolar TURP	PK™ TURP
"Gold Standard" proven outcomes			?**	■	■
Immediate & complete symptom relief			?	■	■
Low re-treatment rates			?	■	■
Convenient outpatient procedure	■	■	■		■
Minimal post-operative discomfort/complications					■
Significantly shorter catheterization time			■		■
Minimal hematuria/blood transfusions	■	■			■
Appropriate for all prostate sizes					■
Low risk of sexual dysfunction attributed to procedure*	■	■	■	■	■

* AUA Practice Guidelines Committee: AUA Guideline on Management of Benign Prostatic Hyperplasia (2003). Chapter 1: Diagnosis and Treatment Recommendation. *J Urol* 170: 530–547, 2003

** Data on these newer technologies appears inconclusive and may also increase complications for patients receiving BPH medications.

GLOSSARY OF TERMS

Ablate surgical destruction/vaporization of tissue.

Benign Prostatic Hyperplasia (BPH) Enlargement of the prostate not caused by cancer.

Bladder A pouch of flexible muscle where urine is temporarily stored before voiding out of the body through the urethra.

Catheterization A thin, flexible tube (catheter) is passed into the bladder to allow urine to drain.

Dysuria Painful urination

Hematuria Blood in urine

Incontinence Inability to control urine flow.

Impotence Failure to achieve or maintain an erection.

PK™ Technology Unique low voltage energy that can simultaneously cut and seal tissue at low temperatures with maximum precision and safety.

Prostate A walnut-shaped gland in men that surrounds the urethra at the neck of the bladder and supplies the fluid for semen.

Resection Removal of a portion or all of an organ or other structure.

Resectoscope A narrow, tube shaped instrument used to visualize the urologic anatomy and resect tissue.

Retrograde ejaculation Semen travels up the urethra towards the bladder instead of out of the body.

Saline Solution A water-like substance containing one or more salts.

Transurethral Resection of the Prostate (TURP) A resectoscope is inserted up the urethra and a loop is used to cut and remove the section of the prostate that is blocking urine flow.

TUR-Syndrome Low blood-sodium levels caused by absorption of irrigating fluids during TURP.

Urethra The canal through which urine leaves the bladder to exit the body.





For more information
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The Power to Treat.