

ADVERTISEMENT

MEN'S HEALTH SPOTLIGHT -

The Facts About Prostate Enlargement (aka BPH)



We turned to Dr. Oliver Kayes, urologist and men's health expert at Doctors Hospital (DH), for key facts and advice surrounding prostate problems - and other bodily changes.

Men suffering from benign prostatic hyperplasia (BPH) may experience symptoms affecting their relationships, professional life, and overall wellbeing. The most common symptoms include getting up at night to urinate (nocturia), inability to hold or delay peeing (urgency/frequency), and a lack of pressure (weak flow). Other symptoms may include bleeding, pain, erection problems, or incontinence. Some men may find it impossible to pass urine at all (acute urinary retention), which can be highly uncomfortable and requires the emergency placement of a catheter into the bladder.

Interestingly, these problems can start as early as 40 to 50 years of age. However, men will often delay seeking treatment due to anxiety around being tested or the potential issues linked to treatments - namely sexual dysfunction, delayed recovery, or incontinence. We know that approximately one in three men over 50 will have moderate or severe symptoms that will need investigation and possible treatment. Older men and those with larger prostate volumes, higher PSA* levels, and worse symptoms are at a higher risk of disease progression.

Thankfully, we can now offer an expanding range of treatments for men



who fail medical therapy or for those men who simply want to optimise symptom relief alongside a rapid recovery without risking their sex lives or other common surgical complications. Prostatic mini-stapling (Urolift), steam vapour therapy (Rezum), or prostatic artery embolization (PAE) all provide a rapid and minimally invasive means to potentially improve male urinary symptoms. These novel treatments can be performed as day-case procedures, often as an outpatient in the urology clinic.

Your specialist will evaluate which procedure is optimal for you and counsel you about the differences between these new treatments. Traditional surgery to cut and remove tissue (TURP**) is still an effective treatment for men, with attention paid to the greater improvement in urinary flow balanced against any potential surgical complications. Your doctor can counsel you about these very different procedures before going ahead with surgery of any kind.

Men need to be confident in seeking expert help and support alongside the availability of the latest medical technology.

Learn more about prostate and other men's cancers at a free event

DATE: Thursday, 18 Nov.

TIME: 7pm

LOCATION: Lions Centre

SPEAKERS: Drs Solomon and Awasthi

SPONSOR: Doctors Hospital

FREE men's PSA blood tests will be provided

HOSTED BY: Lions Club of Grand Cayman



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*PSA - PROSTATE-SPECIFIC ANTIGEN (A BLOOD TEST).

**TURP - TRANSURETHRAL RESECTION OF PROSTATE.