

Questions to Ask Your Doctor about BPH Treatment

- What are the best ways to treat BPH?
- Am I a candidate for “watchful waiting”?
- How does watchful waiting work?

Questions about Medications

- Which medications are used to treat BPH?
- What are alpha-blockers designed to do?
- What are the side effects and complications associated with the use of alpha-blockers?
- How long will I need to take alpha-blockers?
- What dietary or lifestyle changes will I need to make while taking alpha-blockers?
- What are 5-alpha reductase inhibitors designed to do?
- What are the side effects and complications associated with the use of 5-alpha reductase inhibitors?
- How long will I need to take 5-alpha reductase inhibitors?
- What dietary or lifestyle changes will I need to make while taking 5-alpha reductase inhibitors?
- What are the chances BPH will return after I finish my medication?
- What other treatment options do I have besides medication to treat BPH?

Questions about Nonsurgical Procedures

- Which nonsurgical treatments for BPH may be right for me?
- What is transurethral needle ablation (TUNA)?
- What are the side effects and complications associated with TUNA?
- How long does it take to recover from TUNA?
- How will TUNA affect my daily activities?
- How will TUNA affect my sex life?
- What are the chances BPH will return after TUNA?
- What is transurethral microwave thermotherapy (TUMT)?

- What are the side effects and complications associated with TUMT?
- How long does it take to recover from TUMT?
- How will TUMT affect my daily activities?
- How will TUMT affect my sex life?
- What are the chances BPH will return after TUMT?
- What is photo-selective vaporization (PVP)?
- What are the side effects and complications associated with PVP?
- How long does it take to recover from PVP?
- How will PVP affect my daily activities?
- How will PVP affect my sex life?
- What are the chances BPH will return after PVP?
- What is transurethral dilation (TUBD)?
- What are the side effects and complications associated with TUBD?
- How long does it take to recover from TUBD?
- How will TUBD affect my daily activities?
- How will TUBD affect my sex life?
- What are the chances BPH will return after TUBD?
- What is “Prop it Open” (insertion of a stent)?
- What are the side effects and complications associated with a stent?
- How long does it take to recover from insertion of a stent?
- How will insertion of a stent affect my daily activities?
- How will insertion of a stent affect my sex life?
- What are the chances BPH will return after insertion of a stent?

Questions about Surgery

- What is transurethral incision of the prostate (TUIP)?
- What are the side effects and complications associated with TUIP?
- How long does it take to recover from TUIP?
- How will TUIP affect my daily activities?
- How will TUIP affect my sex life?
- What are the chances BPH will return after TUIP?
- What is transurethral resection of the prostate (TURP)?

- What are the side effects and complications associated with TURP?
- How long does it take to recover from TURP?
- How will TURP affect my daily activities?
- How will TURP affect my sex life?
- What are the chances BPH will return after TURP?
- What is transurethral vaporization of the prostate (TVP)?
- What are the side effects and complications associated with TVP?
- How long does it take to recover from TVP?
- How will TVP affect my daily activities?
- How will TVP affect my sex life?
- What are the chances BPH will return after TVP?
- Will I need a prostatectomy to treat BPH?
- What are the side effects and complications associated with prostatectomy?
- How long does it take to recover from a prostatectomy?
- How will a prostatectomy affect my daily activities?
- How will a prostatectomy affect my sex life?
- What are the chances BPH will return after prostatectomy?

Other Questions

- What natural and alternative treatments are available for BPH?
- Which supplements can I take to help treat the symptoms of BPH?
- What dietary and lifestyle changes can I make to help ensure I never get BPH again?