

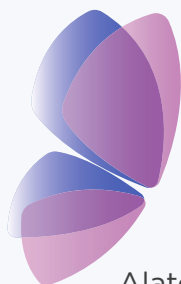


## Is PAE right for me?

Prostate artery embolization is recommended for patients who:

- Have an enlarged prostate (greater than 50 grams)
- Have not been able to control their BPH symptoms with medication
- Have refractory hematuria
- Do not wish to have surgery
- Have chronic kidney disease
- Are on anticoagulation medications
- Smoke cigarettes

PAE is a less invasive option to treat BPH. If you have been diagnosed with BPH, call us to schedule a consultation. We are happy to work with your doctor, and if they are unfamiliar with PAE, we can share information about the procedure with them.



## Alate Health

Alate Health offers highly effective and minimally invasive treatments for common health conditions and diseases using the most advanced technology available and state-of-the-art imaging guidance. Dr. Andrew Doe is among the most experienced physicians in Houston performing these procedures and is available to consult with you about your health condition.

### MEDICAL CENTER

1213 Hermann Drive, Suite 255  
Houston, TX 77004



## Alate Health

[ALATEHEALTH.COM](https://www.alatehealth.com)

P: 713.955.1707

F: 713.955.1699



# Prostate Artery Embolization

A new option for treating enlarged prostate (BPH)



## Alate Health

## An effective, non-surgical treatment for BPH

Enlarged prostate is common as men age. The condition-called benign prostatic hyperplasia (BPH)-is non-cancerous and affects most men over 50.

The prostate gland is located next to your bladder. As it grows, it pushes against the urethra and can block urine flow. Most men with BPH are unhappy with the condition and do not wish to live the rest of their lives with its symptoms, which typically include:

- A frequent need to urinate (especially at night)
- A weak urine stream
- Difficulty beginning urination or dribbling at the end
- Inability to completely empty the bladder

BPH is also linked to erectile dysfunction and reduced sex drive. Left untreated, it can lead to urinary tract infections (UTIs), bladder damage, bladder stones, kidney damage (or chronic renal failure) and urinary retention (the inability to urinate).

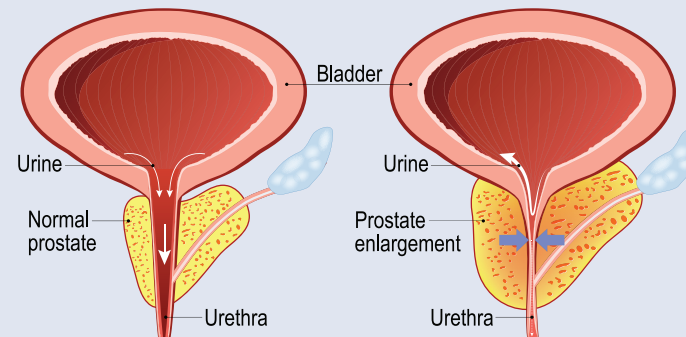
It affects **50% OF ALL MEN**

**51-60 YEARS OLD** 

and **90% OF MEN**

**OLDER THAN 80<sup>2</sup>** 

### Benign Prostatic Hyperplasia



### What happens as the prostate gets bigger?

The prostate gland is normally the size of a walnut. With BPH, it can grow as large as a tennis ball. The enlarging prostate can put pressure on the urethra, restricting the flow of urine or, in extreme cases, cutting it off completely.

### Treatment Options

Men with mild BPH symptoms may be treated with lifestyle changes, medication or supplements. Your doctor may also ask you to avoid taking certain medications that can affect your prostate.

Severe BPH symptoms are often treated with transurethral resection of the prostate (TURP), a surgical procedure that requires anesthesia. However, TURP side effects are common and include infection, sexual dysfunction, and retrograde ejaculation.

Prostate artery embolization (PAE), a minimally invasive procedure cleared by the FDA in 2018, offers an effective, nonsurgical treatment option for men with severe BPH.



### The PAE procedure

PAE is performed by an interventional radiologist who, using imaging guidance, inserts a tiny catheter into an artery in the patient's upper thigh or wrist, and then guides it through the body's blood vessels to the arteries supplying blood to the prostate. Tiny beads called 'microspheres' are released through the catheter and into the arteries, partially blocking blood flow to the prostate, causing the prostate to shrink and relieving symptoms. Unlike TURP, PAE is an outpatient procedure that requires no anesthesia. It has a high success rate (75-95%), a faster recovery, fewer complications and a lower risk of sexual side effects.

#### References

1. Barry M, Roehrborn C. Management of benign prostatic hyperplasia. *Annu Rev Med.* 1997;48:77-189
2. BPH: surgical management. Urology Care Foundation website. [www.urologyhealth.org](http://www.urologyhealth.org) External link. Updated July 2013. Accessed July 29, 2014.